JOB QUALITY INDEX FALLING, SAYS CIBC, PG12

The world's largest global newspaper
metro
VANCOUVER • TUESDAY, NOVEMBER 3, 2009 metronews.ca

Celebrity Buzz

Brand a new man with Perry
pg 26

Is it Tuesday yet?
TELUS

One in four of hospital's birthing staff sick last week

ILLNESS Up to a quarter of antepartum and postpartum staff at B.C. Women's Hospital did not report for work last week because of illness.

Spokeswoman Marisa Nichini said the absenteeism spike was over a few days in one program area. They were not necessarily H1N1 flu-related.

"It does put a strain on the system," Nichini said. "But the fortunate thing is that we were able to replace all of the shifts so there was no disruption in the care of women."

Anna Marie D'Angelo, a Vancouver Coastal Health spokeswoman, said absenteeism at health-care facilities across the Vancouver area is slightly higher than normal at 6.5 per cent.

METRO VANCOUVER

KRISTEN THOMPSON/METRO VANCOUVER

Ronan Oger holds his three-year-old daughter, Lucy, while she gets two flu shots at the Mount Pleasant H1N1 Immunization Clinic yesterday. Lucy's two-year-old brother, Julian, was next in line and hid under the table while his sister was inoculated. More, page 6.

Parents happy, kids less so, in 2nd week of shots

Young children, health-care workers now eligible for inoculation

KRISTEN THOMPSON
kristen.thompson@metronews.ca

Flu Outbreak

The halls of the Mount Pleasant Community Centre rang with the sound of crying children yesterday as nurses administered H1N1 vaccines for the second week of mass inoculations against the flu.

The community centre was turned into an ad-hoc clinic, one of three large-scale venues doling out the highly sought vaccine in Vancouver.

Most patients were parents with young children as health authorities expanded eligibility yesterday to include kids between six months and five years of age and health-care workers, as well as pregnant women and people with health problems.

Patients were kept out of the rain in a makeshift waiting room, and waited about half an hour before being called by number for their turn with a nurse.

Dr. John Carsley, medical health officer, Vancouver Coastal Health Communicable Disease Control Section, said Vancouver's three clinics can see 700 to 800 patients a day.

Vaccinations

- By the end of the week, around 800,000 British Columbians — or about 20 per cent of the population — will have been inoculated.
- For the location of Vancouver clinics or details about eligibility, visit metronews.ca/vancouver.

"As soon as … we're done with the initial high-risk groups, we're going to move to vaccinating school-aged kids," Carsley said.

Last week, clinics across the country were overrun with people lining up to get the vaccine, and many were turned away because doses had run out.

Dr. Perry Kendall, the province's health officer, admitted there have been some "bumps along the way."

"Some of the demand was exacerbated by the tragic deaths in Ontario, resulting in long wait times," Kendall said.

The opening of larger-scale clinics in Vancouver is meant to alleviate wait times and allow more people to be inoculated each day.

ShareYourViews
vancouverletters@metronews.ca

Greek torch being sold on eBay

VANCOUVER 2010 Games

OLYMPICS A 2010 torch is being hawked on eBay — only days after the Olympic flame arrived in Canada.

The Athens-based seller, who goes by the name douramakos, said in an e-mail to Metro that the torch was purchased from a torch runner in Greece, and that douramakos was hoping to sell it at a small profit.

The torch is listed at about $2,700 and was posted on Halloween. There was one bid as of yesterday.

Bombardier has manufactured about 12,000 torches, one for each torchbearer. Runners are able to purchase their torch for $349.

The torch, which arrived in Victoria on Friday, was lit seven days earlier by the sun's rays during a ceremony in Olympia, Greece.

Photos, posted on eBay, show the graceful curving white torch with the Vancouver 2010 inukshuk logo and grey carrying case. Others show the white casing removed and inner workings of the torch.

The seller would not identify which runner sold the torch, nor how much was paid. However, douramakos claimed the purchase price was higher than the opening bid of $2,500 US.

"As a collector myself, I really appreciate and value these memorabilia which are really a part of history," the seller wrote.

JEFF HODSON/METRO VANCOUVER

News on the Move

What's this barcode for?
Learn how to scan the barcode with the instructions at the top of pg 3

Entertainment pg 24

Folk music coming home

On the web
Visit metronews.ca for news updates

Please recycle

CANADIAN HEALTH CARE ACADEMY INC.
Info Session: November 10th, 6 - 8pm
Resident Care Attendant • Nursing Unit Clerk
Access to Practical Nursing • Practical Nursing
FREE Laptop with all full time programs! Call for details 604-540-2421 info@chcabc.com

Free Daily News Group Inc., operating as Metro Vancouver Newspapers 1190 Homer Street, Suite 250, Vancouver, B.C. V6B 2X6. Publisher: Maryse Lalonde

FLIGHT CENTRE® Unbeatable

Sun Airfares

Honolulu
from **$399**
+ taxes & fees $102

Puerto Vallarta from $248 + taxes & fees $263

Costa Rica from $419 + taxes & fees $313

Maui from $439 + taxes & fees $102

Bahamas from $497 + taxes & fees $260

Jamaica from $498 + taxes & fees $259

Airfares

London
from **$169**
+ taxes & fees $465

Calgary one-way from $99 + taxes & fees $45

Las Vegas from $176 + taxes & fees $103

Toronto one-way from $179 + taxes & fees $54

Halifax one-way from $278 + taxes & fees $78

Palm Springs from $369 + taxes & fees $116

Los Angeles from $399 + taxes & fees $111

San Diego from $399 + taxes & fees $118

New York from $438 + taxes & fees $122

Frankfurt from $446 + taxes & fees $295

Hong Kong from $619 + taxes & fees $155

Buenos Aires from $769 + taxes & fees $256

Auckland from $999 + taxes & fees $366

Chile from $999 + taxes & fees $432

Sydney from $999 + taxes & fees $395

Christmas Vacations

Puerto Vallarta
7 Nights 4-Star All-inclusive
from **$1047**
+ taxes & fees $264

Anaheim Family Special Air + 5 Nights from $499* + taxes & fees $111
ADD 5-day *Disneyland* Resort *Park Hopper* Bonus Ticket from $199 adult / $172 child.

New York Air + 3 Nights from $789 + taxes & fees $103

Varadero 7 Nights 4-Star All-inclusive from $1095 + taxes & fees $206

Caribbean 7-Day Cruise from $1199 + taxes & fees $121
CRUISE roundtrip Miami and visit Labadee, Ocho Rios, Grand Cayman and Cozumel.

Cancun 7 Nights 4-Star All-inclusive from $1235 + taxes & fees $280

Jamaica 7 Nights 4-Star All-inclusive from $1297 + taxes & fees $260

South Pacific Vacations

Fiji
Air + 7 Nights
from **$1099**
+ taxes & fees $369
INCLUDES 4-star central accom and roundtrip airport transfers.

Auckland Air + First 3 Nights from $1195 + taxes & fees $369
INCLUDES 4-star central accom and airport arrival transfer.

Long Stay Vacations

Kona
Condo Rental 27 Nights from $2199 taxes & fees included
ROOM INCLUDES stovetop oven, microwave, refrigerator, coffee maker, cookware, tableware, washer/dryer and air conditioning.

Maui Condo Rental 27 Nights from $2399 taxes & fees included
ROOM INCLUDES dishwasher, stovetop oven, microwave, toaster, refrigerator, cookware, tableware, washer/dryer and air conditioning.

USA Holidays

Anaheim
Family Special Air + 4 Nights
from **$299***
+ taxes & fees $103
ADD 4-day *Disneyland* Resort *Park Hopper* Bonus Ticket from $199 adult / $169 child.

Las Vegas Cirque du Soleil Air + 3 Nights from $359 + taxes & fees $109
BONUS tickets to Cirque du Soleil show included.

Honolulu Air + 7 Nights from $699 + taxes & fees $101
UPGRADE to 4-star accom from $49 per night.

New York Air + 3 Nights from $859 + taxes & fees $116
ADD roundtrip airport transfers from $40.

Mau Air + 7 Nights from $899 + taxes & fees $101
ADD 7-day car rental with unlimited mileage from $26 per day.

Luxury Included® Vacations

Save
up to **65%**◊
at select Sandals Resorts.
BONUS book a Concierge category room or higher at select Sandals Resorts and receive a $250Δ Red Lane® Spa Credit.

Montego Bay, Jamaica
7-Night Luxury Included® from $1769 + taxes & fees $98
INCLUDES Luxury Included® oceanview accom, gourmet dining, unlimited premium brand beverages, scuba diving and more.

Ochos Rios, Jamaica
7-Night Luxury Included® from $1799 + taxes & fees $264
INCLUDES Luxury Included® accom, gourmet dining, unlimited premium brand beverages, scuba diving, golf and much more.

St Lucia
7-Night Luxury Included® from $2410 + taxes & fees $227
INCLUDES Luxury Included® accom, gourmet dining, unlimited premium brand beverages, scuba diving, golf and much more.

Bahamas
7-Night Luxury Included® from $2529 + taxes & fees $94
INCLUDES Luxury Included® accom, gourmet dining, unlimited premium brand beverages, scuba diving and more.

Sandals

All-inclusive Vacations

Mayan Riviera
7 Nights 4-Star
from **$597**
+ taxes & fees $264

Cancun 7 Nights 4-Star from $497 + taxes & fees $264

Puerto Vallarta 7 Nights 4-Star from $575 + taxes & fees $280

Punta Cana 7 Nights 4-Star from $597 + taxes & fees $312

Varadero 7 Nights 4-Star from $697 + taxes & fees $196

Jamaica 7 Nights 4-Star from $797 + taxes & fees $260

Mazatlan 7 Nights 5-Star from $797 + taxes & fees $174

Los Cabos 7 Nights 5-Star from $897 + taxes & fees $174

Manzanillo 7 Nights 4.5-Star from $898 + taxes & fees $264

BC Ski Vacations

Whistler
3 Nights + Lift Passes
from **$599**
taxes & fees included
INCLUDES Whistler Village accom and 3-day Whistler/Blackcomb lift pass.

Sun Peaks 3 Nights + Lift Passes from $399 taxes & fees included
INCLUDES central village accom and 2-day Sun Peaks lift pass.

Big White 5 Nights + Lift Passes from $649 taxes & fees included
INCLUDES central village accom 5-day Big White & Silver Star ski resorts lift pass.

Cruise Vacations

Caribbean 7-Night Cruise from $335 + taxes & fees $94
CRUISE roundtrip Miami and visit Samana Bay, St Thomas, Tortola and Great Stirrup Cay.

Hawai'i 7-Night Cruise from $669 + taxes & fees $71
CRUISE roundtrip Honolulu and visit Maui (overnight), Hilo, Kona, Kaui (overnight).

PERFECT HOLIDAY PROMISE
Enjoy your holiday or we'll give you $100 towards another one!†

1 866 502 3887 | flightcentre.ca

*Conditions apply. Ex: Vancouver. Air only prices are per person for return travel unless otherwise stated. Package, cruise, tour, rail & hotel prices are per person, based on double occupancy. Prices are subject to availability at advertising deadline and are for select departure dates. Prices are accurate at time of publication, errors and omissions excepted, but are subject to change. Taxes & fees include transportation related fees, GST and fuel supplements and are approximate and subject to change. *Family holiday based on quad occupancy (2 adults and 2 children age 2-17). ◊Valid on new bookings made before Nov 30, 2009 at select Sandals Resorts (Sandals Dunn's River, Grande Ocho Rios, Regency St Lucia, Montego Bay, Royal Bahamian, Royal Caribbean, Whitehouse). ΔValid on new bookings only until Nov 30, 2009 for travel between Nov 1 – Dec 26, 2009 and Jan 1 - Dec 28, 2010. Black out dates apply. Minimum stay Six (6) nights or longer in a Concierge room category or higher. Not combinable with other resort/spa credits. † The Perfect Holiday Promise applies to bookings made at Flight Centre shops within Canada. A $100 voucher for future travel will be provided to customers who experience an unwanted deviation from their paid itinerary. For full details visit www.flightcentre.ca or speak to a Flight Centre consultant. BC REG: #HO2790*

News on the Move IN THREE EASY STEPS

1 DOWNLOAD THE **FREE** SCANLIFE APPLICATION WITH YOUR SMARTPHONE AT 2DSCAN.COM

2 USE THE SCANLIFE APPLICATION ON YOUR SMARTPHONE TO SCAN 2D BARCODES IN METRO

3 THE CODES WILL DIRECT YOUR MOBILE BROWSER TO RELEVANT CONTENT AT M.METRONEWS.CA

SCANLIFE

Local

Metric hits Orpheum stage tonight

Indie rockers Metric, led by Emily Haines, left, will be playing the Orpheum Theatre at 7:30 p.m. tonight. The Juno Award-nominated band is touring to promote its fourth studio album, Fantasies, which was short-listed for the 2009 Polaris Music Prize for Canadian album of the year. METRO VANCOUVER

METRO INTERNATIONAL NEWSPAPER OF THE YEAR 2009 Festival of Media Awards

Average home price to rise $25K: CMHC

FORECAST Vancouver's average home price is expected to climb $25,000 higher in 2010, according to new data released by the Canada Mortgage and Housing Corp.

In 2010, the average home is expected to set buyers back $605,000 — a jump up from this year's $580,000 average cost.

More sales and fewer active listings will combine to push up the price, the CMHC said.

"Home prices in most Lower Mainland centres are still below their previous peak. Prices will rise as buyers take advantage of lower prices and favourable mortgage interest rates," said CMHC senior market analyst Robyn Adamache in a release.

Population growth, an improving job market and low mortgage rates will support increased housing demands through 2010, she added. KIMBERLY SHEARON/ FOR METRO VANCOUVER

Sales

- Metro Vancouver should see about 35,000 sales in 2010, 2,000 more than it did in 2009, CMHC figures indicate.

ADVERTISE TODAY! 1 888 91 metro (63876)

Aldergrove **Vehicle trashes hotel**

SAM LEUNG/THE CANADIAN PRESS

A room is trashed at the Best Western Hotel in Aldergrove after a man, who suffered a medical emergency, went off the road and drove through multiple walls of the hotel around noon yesterday. No one was injured in the incident.

Province ends strike

Paramedics headed back to work as flu spreads

JEFF HODSON
jeff.hodson@metronews.ca

B.C.'s paramedics have been forced to end their seven-month strike, Health Minister Kevin Falcon said after he introduced legislation yesterday to restore full emergency care.

Paramedics have been operating under an essential-services order since they went on strike at the beginning of April. The legislation would see paramedics receive a one-year wage increase of three per cent, retroactive to April 1.

Protest

- Paramedics protested at the Olympic Sliding Centre in Whistler yesterday.

Falcon said the decision to table back-to-work legislation was difficult, but one made necessary by the H1N1 pandemic and stress on the health system.

But B.J. Chute, a spokesman for the paramedics' union, questioned the timing of the legislation. The union was voting on the government's offer and ballots were to be counted on Thursday and Friday.

Lee Doney, CEO of the emergency health services commission, said some communities, including Whistler, Comox and Campbell River, have had periods where no ambulances were available.

He said ambulance managers are working 80 hours a week, backfilling paramedics and management positions lost due to sickness and stress.

"The whole system starts to wear and tear," Doney said. "After seven months it's at a stage of frailty that ... we needed resolution to this matter."

Name game triggered in Vancouver, Wash.

CITIES A Washington State newspaper has sparked debate about the possibility of changing the name of Vancouver, Wash., to Fort Vancouver.

Reverting to its original moniker, a columnist with the Vancouver Columbian suggests, would help to avoid the confusion of having two Cascadian cities with the same name.

Vancouver, Wash., located on the north side of the Columbian River near Portland, Ore., is about one-fourth the size of Vancouver, B.C., and is on the cusp of a civic election. The column said that several of the candidates would be open to renaming the city.

Three times in the past, residents of Vancouver, Wash., have voted to reject changing the city's name. METRO VANCOUVER

News in brief

2010 VILLAGE The City of Vancouver will officially hand over the Olympic and Paralympic Village keys to VANOC in a ceremony tomorrow. The event will include First Nations drummers, a blessing by Musqueam First Nation elder Larry Grant and choir performances.

ATTACK A man who passed out drunk at a house party in Delta claims he awoke to someone hitting him in the face with a screwdriver. The victim sustained minor injuries and left the house to call police.

CONTEST Surrey is asking for submissions from architects, city planners, entrepreneurs and citizens around the world to help redesign its five town centres. The competition, called TownShift: Suburb Into City, closes Jan. 6 and includes $75,000 in prizes.

THREAT Police in Delta are investigating an incident where a teenager was allegedly threatened by two other teens with a gun and a machete. One suspect was found nearby, allegedly in possession of an air pistol. METRO NEWS SERVICES

m.metronews.ca

Scan this barcode for more Local news on your smartphone.
Learn how to scan the barcode with the instructions at the top of this page

metronews.ca
WHAT'S ONLINE TODAY

Video Opposition MPs attack the federal government over its handling of the H1N1 vaccination campaign at **metronews.ca/canada**

Blogs Golden Boot winner and MLS MVP nominee Jeff Cunningham joins It's Called Football to discuss his turnaround season and his struggles in Toronto

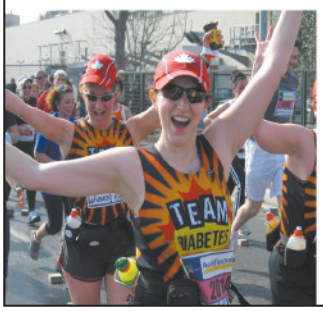
Follow Metro on Twitter for news updates and more: @vancouvermetro

Make a change in your life and the lives of people living with diabetes.

WALK, RUN OR BIKE with TEAM DIABETES

10 YEARS TEAM DIABETES CANADA

Canadian Diabetes Association



Walk or run at various exciting Canadian and international locations. Team Diabetes prepares you for the physical challenge and helps you achieve your fundraising and training goals.

Join us in 2010 as we run or walk in majestic Reykjavik and exotic Rio de Janeiro or bike with us at Test of Metal in Squamish, BC!

Limited spots available so contact Rebecca at 604-732-1331 x246 or rebecca.taylor@diabetes.ca today!
teamdiabetes.ca

sanofi aventis | metro

Restaurant lauded by magazine

A downtown Vancouver eatery has been named by enRoute magazine as Canada's best new restaurant. Cibo Trattoria, on Seymour Street, was praised for its emphasis on fresh local ingredients and the simplicity of its cuisine. Toronto's The Black Hoof finished second, followed by Rush in Calgary. METRO VANCOUVER

News in brief

HIKERS Seven hikers were caught off-guard by the end of daylight savings time and had to be rescued from the Grouse Grind in the dark, news1130.com reports. A routine patrol by North Shore Rescue found the hikers — who had no flashlights — on Sunday evening.

RESCUE A three-year-old Kamloops girl was cold and scared but otherwise fine after being found by search and rescue five hours after disappearing from her parents' van in the middle of the night. The girl had been left sleeping in the vehicle outside the family's home on Sunday.

BILL An MP for the Skeena-Bulkley Valley has introduced a private member's bill demanding stronger civilian oversight of the RCMP, cknw.com reports. Nathan Cullen said an independent service — rather than the police — should investigate deaths or injuries in police custody.

ARREST A 48-year-old Langley man has been arrested after alarms sounded at two Aldergrove businesses. Police caught up with the suspect after a foot chase on Sunday morning.

METRO NEWS SERVICES

JONATHAN HAYWARD/THE CANADIAN PRESS

The Canadian flag blows in the wind as 20 members of CFB Comox run with the Olympic torch past the base yesterday. The torch is on a 106-day relay across Canada leading up to the Vancouver Games.

Torch working its way around Vancouver Island

COMOX VALLEY The Olympic torch continues its trek across Vancouver Island with stops in Campbell River and the Comox Valley today.

The torch then makes its way to Canada's north after four days on Vancouver Island.

The torch has taken several unique rides on the Island. It's been on a surf board, skateboard, wheelchair, float plane, aboriginal canoe and logging truck.

Protesters in Victoria forced authorities to change the route to protect torchbearers.

Those carrying the torch are describing their 300-metre runs as amazing experiences that bring them closer to the Olympics. The 106-day, 45,000-kilometre torch relay ends in February with the start of the Winter Olympics in Vancouver and Whistler. THE CANADIAN PRESS

Virks honoured

The parents of a teenaged girl who was swarmed, beaten and drowned in Victoria have received B.C.'s highest honour for promoting community safety and crime prevention.

Suman and Manjit Virk's 14-year-old daughter Reena Virk was killed in November 1997.

Since then, they have spoken in schools and at community events to draw attention to bullying while working to promote restorative justice.

"The Virks are the very embodiment of this lifetime achievement award," Solicitor General Kash Heed said after the couple received the Anthony J. Hulme Award of Distinction, which represents extraordinary lifetime contribution and commitment.

"They have drawn valuable lessons from their devastating personal tragedy that they share with young people in order to fight the scourge of bullying, and promote restorative justice to make British Columbia communities safer," Heed said. THE CANADIAN PRESS

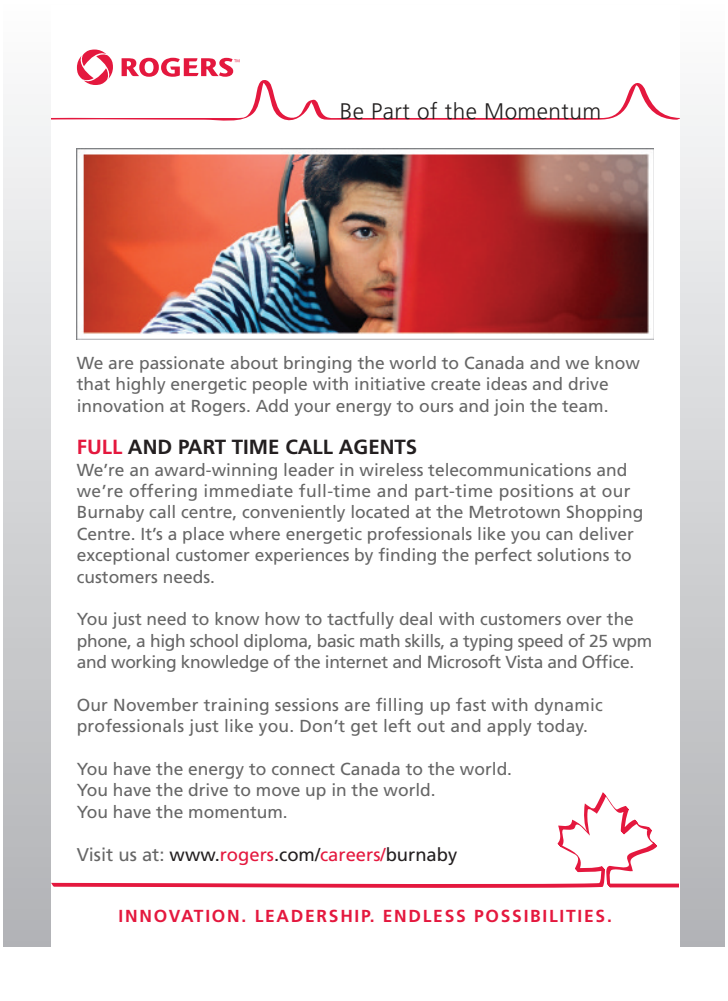
"The Virks are the very embodiment of this lifetime achievement award."
Kash Heed

City's water is safe, officials say

ADVISORY There's no need to worry over water quality in Vancouver, according to district officials.

Metro Vancouver sent out an advisory early yesterday warning residents of potential turbidity in tap water this week because of last week's heavy rainfall.

A later update, however, indicated that water quality improved as the day went on and that the sediment washed into the top of the reservoir had been flushed through the system. BY KIMBERLY SHEARON/ FOR METRO VANCOUVER



Horn in CP rail yard keeps North Surrey residents up
Some North Surrey residents were kept awake by the sound of a malfunctioning horn, which went off for more than two and a half hours. The horn was going off on top of CP Rail's Thornton Yard diesel shops on Sunday night. METRO NEWS SERVICES

Local filmmaker has hope for 'warrior boys'

KIMBERLY SHEARON
for Metro Vancouver

Vancouver filmmaker Baljit Sangra learned a lot of things during the year she shot Warrior Boyz, a documentary that offers an unflinching look at the lure and futility of gangster culture.

During filming, she observed that youth gang violence and organized criminal activity are two different things. The two are, however, linked by a very slippery slope, which makes early prevention crucial, she said.

That's the message she hopes will come out of a panel discussion tonight at Kwantlen University on preventing youth from getting sucked into gangland.

Sangra's film makes a strong case for the vital role support systems play in the youth development. Kids who are lost and trying to figure out where they fit in need someone in their corner, she said.

"Don't give up on these kids."
Baljit Sangra

"There's not really a stereotype anymore, and (the violence) hasn't stopped," Sangra said. "If anything it's escalating."

Supt. Dan Malo, head of B.C.'s Integrated Gang Task Force, and Wendy Dawson, lead prosecutor of Surrey Six, are among the people scheduled to participate in the panel and audience feedback session.

"I hope people see the personal stories and have a deeper understanding and compassion," Sangra said. "Don't give up on these kids."

Police foundation launches membership fundraiser

STIG OESTERGAARD NIELSEN
for Metro Vancouver

The Vancouver Police Foundation (VPF), hard hit by the recession, has launched an unprecedented membership drive to raise money. For 33 years it was formed by only 15 members, but for a $100 minimum membership fee, new members are welcome.

Police have relied on the Foundation to fund initiatives like the K9 Centre for Excellence, an armoured rescue vehicle and the Odd Squad, which uses documentary video imagery as an educational tool to inform at-risk groups throughout B.C.

Valerie MacLean, executive director, said the VPF needs help from "concerned citizens."

"The city can't do it all. This is an opportunity for the community to contribute to a safer city," said Valerie MacLean.

News in brief

INJURIES A bystander who tried to break up a fight between fans of the Vancouver Canucks and Colorado Avalanche on Sunday night was taken to hospital with a minor stab wound to the neck. The victim was cut with a broken beer bottle.

ROYAL VISIT Prince Charles and his wife Camilla have landed in Canada and will be in Vancouver Saturday to visit the Olympic Village, the VanDusen Botanical gardens, Simon Fraser University and several other sites. The royal couple will leave Vancouver in the afternoon of the same day to go to Victoria.

GUNSHOT WOUND Vancouver police were called by hospital staff Sunday when a 41-year-old man arrived with a gunshot wound sustained outside a restaurant near Kingsway and Fraser. Police say the victim was unco-operative.

GREEN ENERGY Premier Gordon Campbell says B.C. will establish a task force and committee to address clean energy development.

ANTI-GANG Police officers and school children from two inner city elementary schools collected empty bottles yesterday to support an anti-gangs initiative that gets kids to participate in sports.

SEX TRAFFICKING A panel discussion is being held at Simon Fraser University tomorrow to discuss possible sex trafficking during the 2010 Olympics.

METRO NEWS SERVICES

G4S
G4S Security Services (Canada) Ltd.
The Leading International Security Provider
FT & PT positions
Must have BST 1 & 2
Operations Department
fax 604-683-0621

PSYCHIC
Bianca has 25 years exp. In Tarot Card, Palm, and Psychic Readings. Helps with all problems of life. Reunites the separated.
$20 EACH or $40 FOR ALL 3
Palm, Tarot Card, Psychic
604-251-1246
5407 Victoria Dr. near 41st

The Low-fee, More-for-me Mutual Funds™
Minimize market ups and downs, and associated nausea, with our new conservatively managed funds. They have among the lowest fees in the country, they're easy-to-understand and at just $50 a month, getting started is easy too. Visit www.coastcapitalsavings.com, your nearest branch or call 1.888.517.7000 to find out more.
coastcapital SAVINGS How can we help you?®
The Low-fee, More-for-me Mutual Funds™ are managed by SEI Investments Canada Company and provided by Worldsource Financial Management Inc. Mutual fund values change frequently and past performance may not be repeated. Commissions, trailing commissions, management fees and expenses may all be related with mutual fund investments. Mutual funds are not guaranteed. Please read the relevant prospectus before investing.

RAPID COMPUTER TRAINING
604.647.1108
www.RapidTraining.ca
ONE DAY RAPID COURSES
Excel, PowerPoint
Access, Outlook & Word
- Microsoft certified trainer
- Microsoft approved courseware
- Class location: Downtown
- On-site training: Any location (we bring our computer lab to you)

Man drops dead after winning election

As he watched the election results come in, a popular bon vivant smiled broadly upon learning that the voters of his small town had re-elected him to council. Then he immediately dropped dead. It was a sudden, tragic end to a night of triumph for Pierre Lambert, who had just ended a hard-fought election campaign in a small town near Montreal. THE CANADIAN PRESS

Canada

Prisons face health crisis: Watchdog

The federal prison ombudsman says mental health-care services for offenders are under extreme pressure. In his annual report, Howard Sapers, left, says there are still shortfalls in capacity, quality and standards when it comes to helping mentally ill prisoners. And the correctional investigator says demands are increasing dramatically in this area of corrections. Sapers says warehousing the mentally ill burdens the justice system. THE CANADIAN PRESS

RYAN REMIORZ/THE CANADIAN PRESS

Prince Charles and Camilla, Duchess of Cornwall, chat with Prime Minister Stephen Harper during welcoming ceremonies yesterday in St. John's, N.L. The royal pair are on an 11-day tour of Canada.

Charles 'touched' by welcome

ROYAL VISIT Prince Charles says he is "deeply touched" by the warm welcome afforded him and the Duchess of Cornwall in the royal couple's first trip to Canada together.

Charles, who arrived with Camilla earlier today in St. John's, told a welcoming ceremony he was delighted to have the opportunity to meet Canadians on his 11-day tour of the country.

Prime Minister Stephen Harper greeted the couple, saying their visit was like a homecoming for many Canadians.

Harper said Canadians were eagerly anticipating their arrival and he wished Charles and Camilla well in their travels.

Newfoundland and Labrador Premier Danny Williams said he could think of no better place than his province to begin their trip. THE CANADIAN PRESS

m.metronews.ca

Scan this barcode for more Canada news on your smartphone.
Learn how to scan the barcode with the instructions at the top of pg 3

PM failed on flu: Critics

Opposition cries incompetence over H1N1 handling

Flu Outbreak

Critics are blasting the Harper government for its handling of the swine-flu outbreak as long lineups continue for flu shots and some provinces warn of dwindling supplies of H1N1 vaccine.

A number of provinces, including Nova Scotia, Manitoba, Saskatchewan and Alberta, face vaccine shortages after a problem at the manufacturer's plant last week slowed delivery of the drug.

Liberal Leader Michael Ignatieff called the government incompetent during an emergency swine-flu debate in the House of Commons last night.

Production

- Lower-than-expected production of the vaccine this week by Quebec-based manufacturer GlaxoSmithKline has meant some clinics have run out of supply. The drugmaker expects to ship roughly 436,00 doses of vaccine with an adjuvant — or booster compound — as well as about 225,000 doses of vaccine without the adjuvant, which are meant for pregnant women and young children.

He said the government had released confusing information about the H1N1 vaccine which is "a source of enormous anxiety among Canadian families."

"Instead of taking responsibility the government blames everybody else, they blame the drug company because they don't have a supply next week, they blame the provinces and territories, we don't deliver health care, they say."

Ignatieff said "epidemics don't care about jurisdictions."

Health Minister Leona Aglukkaq responded that thousands of Canadians are getting their inoculations and said there will be vaccines for everyone who wants one.

She rejected the Liberal leader's claim that they are blaming other parties, saying they are using an influenza plan that was "built on years of collaboration with provinces and territories and the medical community." THE CANADIAN PRESS

News in brief

EI Self-employed Canadians will be eligible for maternity and parental leave benefits if they pay into the Employment Insurance system, Human Resources Minister Diane Finley is proposing. There have been complaints that Canada's 2.7 million self-employed are at a disadvantage because they are not able to take part in the EI program. Finley's legislation means that, for the first time, these individuals could choose to pay into EI and would have access to funds to help them take time off to care for a new child.

TORSTAR NEWS SERVICE

GOLD MINE Rescue workers say a second body has been recovered at a flooded Quebec gold mine where three miners went missing last week. Authorities confirm the body belongs to Bruno Goulet, 36, one of the three miners trapped hundreds of metres below ground level Friday night. Goulet, Dominico Bollini, 44, and Marc Guay, 31, were doing repair work in a mine shaft at the Bachelor Lake facility when the flooding occurred.

THE CANADIAN PRESS

HOLIDAY GIFT

UP TO $8,000 CASH CREDIT≠ PLUS $1,000 HOLIDAY BONUS◂

2010 PONTIAC VIBE

BEST NEW SMALL CAR OVER $18,000
AWARDED BY AUTOMOBILE JOURNALISTS ASSOCIATION OF CANADA

$15,715◆
CASH PURCHASE
Including $1,000 Holiday Bonus◂

2.9% PURCHASE FINANCING UP TO 60▾ MONTHS

36/46 mpg • 7.8/6.2 L/100 km (City/Hwy)▲

★★★★★ Highest Government Frontal Crash Safety Rating△

2010 GMC TERRAIN

1,100 KM PER TANK†
BEST IN SEGMENT FUEL ECONOMY

STARTING FROM MSRP
$27,690††
Including $1,000 Holiday Bonus◂

2.9% PURCHASE FINANCING UP TO 48▾ MONTHS

31/46 mpg • 9.2/6.1 L/100 km (City/Hwy)▲

2009 PONTIAC G5

BEST IN CLASS HIGHWAY FUEL EFFICIENCY (EXCLUDES HYBRIDS)➤

$5,350
CASH CREDIT≠
Including $1,000 Holiday Bonus◂

0% PURCHASE FINANCING UP TO 72▾ MONTHS

35/52 mpg • 8.0/5.4 L/100 km (City/Hwy)▲

2009 GMC SIERRA

NO-CHARGE 6" CHROME SIDE STEPS¥
MOST FUEL EFFICIENT FULL-SIZE PICKUP□

$9,000
CASH CREDIT≠
Including $1,000 Holiday Bonus◂

2.9% PURCHASE FINANCING UP TO 60▾ MONTHS

18/25 mpg • 15.4/11.1 L/100 km (City/Hwy)▲

★★★★★ Highest Government Crash Safety Rating△

60-DAY SATISFACTION GUARANTEE‡

bcpontiacdealers.ca

PONTIAC BUICK GMC

NOW AT YOUR BC PONTIAC BUICK GMC DEALERS. bcpontiacdealers.ca 1-800-GM-DRIVE. Pontiac, Buick and GMC are brands of General Motors of Canada. ®General Motors of Canada is a National Partner of the Vancouver 2010 Olympic and Paralympic Winter Games. TM/© 2007, VANOC. Used under License. ††Manufacturer's Suggested Retail Price. Dealers are free to set individual prices. ◆ Offer applies to the cash purchase of 2009 Pontiac Vibe 1SM, equipped as described. Cash purchase price reflects discounts or other incentives which are only available on cash purchase offers. By selecting lease or financing offers, consumers will be foregoing such discounts and incentives which may result in higher effective interest rates. See your participating GM Dealer for conditions and details. ▼Purchase financing available on select 2010 models on approved GMAC credit only. Down payment and/or trade may be required. Monthly payment and cost of borrowing will vary depending on amount borrowed and down payment/trade. Example: $10,000 at 0% for 72 months with $0 down, five monthly payment is $139. Cost of borrowing is $0, total obligation is $10,000. Offers with 0% financing are unconditionally interest free. ◆▼▶††† Freight included. License, insurance, registration PPSA, administration fees and taxes are not included. Offers apply to the purchase of 2009/2010 new or demonstrator models. Dealer order or trade may be necessary, and applies only to qualified retail customers in BC/Yukon. Dealers are free to set individual prices. Limited time offer which may change without notice. ▶ Offer applies to the purchase of 2009 GMC Sierra 1500 Crew Cab 1ST (excluding Hybrid models). Dealer order or trade may be necessary, and applies only to qualified retail customers in BC/Yukon. Dealers are free to set individual prices. Limited time offer which may change without notice. ¥ Offer applies to the purchase of 2009 GMC Sierra 1500 Crew Cab 1ST (excluding Hybrid models). Dealer order or trade may be necessary, and applies only to qualified retail customers in BC/Yukon. Dealers are free to set individual prices. Limited time offer which may change without notice. ≠

Ukraine closes all schools due to H1N1
Urging its citizens not to panic, Ukraine yesterday closed the nation's schools for a week to avoid the spread of the H1N1 flu. THE ASSOCIATED PRESS

World

Ground Zero ship in New York

The new U.S. Navy ship USS New York, built with steel from the remains of the World Trade Center, has arrived in its namesake city with a 21-gun salute near the site of the Sept. 11 attacks. The bow of the $1-billion US ship, left, contains about seven tonnes of WTC steel. THE ASSOCIATED PRESS

Karadzic painted as a monster

Radovan Karadzic orchestrated the 1995 Srebrenica massacre of 8,000 Muslim men and boys and his only regret was "that some Muslim men got away," a UN prosecutor said yesterday at the former Bosnian Serb leader's war crimes trial.

Karadzic again boycotted his own trial at the Yugoslav war crimes tribunal in the Netherlands, but pledged in a letter to judges that he would attend a procedural hearing today on his defence.

Prosecutor Alan Tieger focused on Europe's worst atrocity since the Second World War as he wound up his opening statement for the tribunal's judges. Tieger called the July 1995 slaying in Srebrenica "one of humanity's dark chapters" and laid the blame squarely at Karadzic's feet.

Karadzic

"The murder of these men and the expulsion of the women, children and elderly did not arise from nowhere," Tieger said. "These crimes were the culmination of the accused's determination to cleanse eastern Bosnia to ensure the Serb state he envisioned."

Karadzic is charged with two counts of genocide and nine other crimes against humanity and war crimes linked to atrocities throughout Bosnia's 1992-95 war.

Karadzic has refused to enter pleas, but insists he is innocent.

If convicted, he faces a maximum sentence of life imprisonment.

THE ASSOCIATED PRESS

Puerto Rico **Painted protest**

TANIA BARRICKLO/THE ASSOCIATED PRESS

Women covered in body paint protest the massive layoffs of about 20,000 government workers in San Juan, Puerto Rico, yesterday. The governor of the U.S. territory, Luis Fortuno, says the dismissal of the public employees is necessary to close a $3.2-billion US deficit.

Fewer eaten by lions: Scientists

RESEARCH The nightly attacks by two man-eating lions terrified railway workers and brought construction to a halt in one of east Africa's most notorious onslaughts more than a hundred years ago. But the death toll, scientists now say, was not as high as previously thought.

The two hunters claimed 35 lives — no small figure, but much less than some accounts of as many as 135.

Scientists hoping to figure out the actual number of people eaten decided to study the remains of the two male lions, testing the types of carbon and nitrogen in their teeth and hair.

Humans made up at least half of the diet of one lion, consuming at least 24 people, they concluded.

THE ASSOCIATED PRESS

News in brief

PAKISTAN A suicide bomb killed 35 people near Pakistan's military headquarters yesterday while a second blast wounded several police, continuing a wave of terrorism that prompted the UN to suspend long-term development work near the Afghan border.

AFGHANISTAN The White House said yesterday U.S. President Barack Obama planned to call Afghan President Hamid Karzai about his victory in the fraud-marred election. Spokesman Robert Gibbs also said that Americans should "take heart" that the laws of Afghanistan had prevailed. Karzai has been under U.S. pressure to eliminate corruption THE ASSOCIATED PRESS

m.metronews.ca

Scan this barcode for more World news on your smartphone.
Learn how to scan the barcode with the instructions at the top of pg 3

HUMAN RESOURCES
MANAGEMENT DIPLOMA

Start a new career
or upgrade your current skills!

Our HR Program provides you with the skills employers are looking for. And because our program follows the national HR Standards, you may decide to continue on to become a **Certified Human Resources Professional (CHRP).**

Offered both full-time and part-time.

▶ *Information session:*
November 4, 2009 | 6:15PM

Contact **Susi Siebert**
or visit our website for more information.

Ashton College
www.ashtoncollege.com
PH 604.899.0803

Metro Supports
Give Girls A Chance!
Educate a Girl.
Change the World.
www.givegirlsachance.org
metro

Trick-or-treating haul may reveal diamond ring

A Halloween trick or treater in Ohio may have gotten a bigger treat than expected — a diamond ring. A woman in suburban Cincinnati said she thinks she may have lost her ring when she was tossing candy into bags. THE ASSOCIATED PRESS

North Korea back to sabre-rattling

North Korea issued a veiled threat yesterday to increase its nuclear arsenal if U.S. officials do not quickly agree to the one-on-one talks that the communist regime is demanding.

The regime's impatience came days after No. 2 nuclear negotiator Ri Gun came away from meetings with Washington envoy Sung Kim without an agreement to hold bilateral talks.

The statement did not elaborate, but it was widely seen as a warning that the North will bolster its nuclear stockpile — a brinksmanship tactic that the communist nation has often employed.

In September, the North said it was "weaponizing" plutonium, a key ingredient for nuclear bombs, and succeeded in uranium enrichment, which would give the regime a second way to make atomic bombs. That was also seen as a pressure tactic aimed at getting Washington to agree to one-on-one negotiations. The North has quit the six-nation nuclear disarmament talks — which involve China, Japan, Russia, the U.S. and the two Koreas. The North agreed in 2007 to disable its nuclear facilities — as a step toward its ultimate dismantlement — in exchange for energy aid and political concessions.

Pyongyang halted the process and later abandoned the pact after receiving most of the promised energy aid and concessions. THE ASSOCIATED PRESS

Threats

- North Korea has mixed such threats in the past with a series of conciliatory moves, such as releasing two detained American journalists, after months of raising tensions with nuclear and missile tests.

India **Mud bath**

CHANNI ANAND/THE ASSOCIATED PRESS

Hindu devotees smear themselves with mud during during a Karthik Purnima festival near Jammu, India, yesterday. The festival is celebrated on the full moon day or the 15th lunar day of Karthik.

Clinton moderates position

MIDDLE EAST In the face of Arab criticism of the U.S. administration's recalibrated Mideast peace tack, American Secretary of State Hillary Rodham Clinton moderated her praise yesterday for Israel's offer to restrain building settlements in Palestinian areas.

While Israel was moving in the right direction in its offer to restrict but not stop the settlements, Clinton said, its offer "falls far short" of U.S. expectations.

Clinton said her earlier praise of Israel's offer had been intended as "positive reinforcement."

But it drew widespread criticism from Persian Gulf ministers who interpreted it as a softening of the U.S. position on settlements, which stand in the way of a resumption of Israeli-Palestinian peace talks.

In a sign of U.S. eagerness to calm Arab concerns about the U.S. position on settlements, Clinton is extending her trip by one day to fly to meet with Egyptian President Hosni Mubarak, her staff announced. Clinton's comments appeared to reflect a realization within the Obama administration that Israeli Prime Minister Benjamin Netanyahu's government will not accept a full settlement freeze. THE ASSOCIATED PRESS

News in brief

EBAY Online auction house eBay says it has begun removing items put up for sale by anti-abortion activists trying to raise funds for the man accused of killing a Kansas abortion provider. The company said the items violated its listing policies. Some items from supporters of Scott Roeder could still be found on eBay as of yesterday. Roeder is charged in the May 31 fatal shooting of Dr. George Tiller.

CLEVELAND Investigators trying to identify the bodies of six women found in the home of a convicted rapist are focusing the inquiry on eight or nine missing women, the coroner said yesterday. It could take days or weeks to identify the bodies. THE ASSOCIATED PRESS

The Comwave Comparison

Bell
Bell Home Phone Choice
$68.79/month
VoiceMail
Call Display
Call Waiting
Call Return
Three Way Calling
Call Forwarding
Includes
Unlimited Calling to Canada & U.S.A.

Rogers
Rogers Extra Value Plan
$41.31/month
VoiceMail
Call Display
Call Waiting
Call Return
Three Way Calling
Call Forwarding
Includes
1000 Minutes to Canada & U.S.A.

comwave
$29.95/month
VoiceMail
Call Display
Call Waiting
Call Return
Three Way Calling
Call Forwarding
And Much More!
Includes
Unlimited Calling to Canada & U.S.A.
BONUS: FREE Cordless Phone System!

ALL FEATURES FREE!
Voicemail
Call Waiting
Caller ID
Call Forwarding
Comwave to Comwave calls WORLDWIDE!

Enhanced $14.95/month Unlimited Local Calling — All Features FREE
Unlimited Canada $19.95/month Unlimited Calling to Canada — All Features FREE
One-Rate $29.95/month Unlimited Calling to Canada & U.S.A. — All Features FREE
Global $39.95/month Unlimited Calling to 25 Countries! — All Features FREE

FREE Cordless Phone System with your Comwave Home Phone
DECT 6.0 DIGITAL
3 Handset Cordless Phone System
Interference free
Speaker Phone
VoiceMail Indicator
Caller ID/Call Waiting

comwave 1-866-543-5122
www.comwave.ca

While Comwave strives for accuracy in our advertising, Comwave reserves the right to correct any error in pricing or information at any time. HOME PHONE LINES: VoIP 911 has certain limitations versus traditional 911. The Global Home Phone plan is limited to 3000 minutes per month. Excess minutes used will be billed at 3.99 cents per minute. Unlimited Canada plan does not include calls to the Yukon, Nunavut or N.W.T. The rates are based on a 3 year term. Satisfaction Guaranteed within 90 days. If you are not 100% satisfied, you may cancel your home phone service no questions asked. Rate guarantee is based on competitors lowest advertised rate for like services. The Rates of $41.31/month and $68.79/month are as advertised on http://www.homephonechallenge.ca on Oct. 5 2009. Comwave One-Rate Plan does not include applicable taxes. By accepting the free cordless phone set, you are agreeing to a 3 year term and agree to waive the Satisfaction Guarantee period. Coupon must be redeemed in 120 days from date of activation. Terms and conditions apply, see www.comwave.net for details

VANCOUVER
Publisher, Maryse Lalonde
Managing Editor, Fernando Carneiro
Distribution Mgr, George Acimovic

METRO CANADA
Group Publisher, Bill McDonald
Assoc Managing Editor, Tarin Elbert
Enter/Lifestyle Editor, Dean Lisk
Asst Managing Editor, Amber Shortt
Art Director, Laila Hakim
National Sales Director, Peter Bartrem
Interactive/Mrktng Director, Jodi Brown

Comment & Views

EDITOR: MIKE.DEREZYCKY@METRONEWS.CA

METRO CANADA: TORONTO | OTTAWA | MONTREAL | HALIFAX | EDMONTON | CALGARY | VANCOUVER

Comment

Politicians too timid to tackle monarchy

NationalReport
Lawrence Martin
metronews.ca/nationalreport

The Duchess of Cornwall and the Prince of Wales have only just alighted for their 10-day Canadian tour, but might be having second thoughts about the visit.

Already the naysayers are being heard. Polls show Canadians don't care much about the Royals. Columnists are calling them anachronisms. Charles and Camilla can hardly be pleased.

Momentum for this country taking its last step to total independence has been building over time. But it has been a slow build. The idea seems to have more support among the people than politicians. When John Manley was in politics he was one of the few to muse about cutting colonial ties, but was rebuked by the elites for doing so.

Politicians see polls saying a majority wish to make the break, but cower. They fear a debate on the Royals' future would be too divisive. Since the monarchy is largely symbolic, why not let sleeping dogs lie?

As was seen last December, the monarchy is more than symbolic. At that time, Gov. Gen. Michaëlle Jean threw the Conservative government a lifeline by granting its wish to prorogue Parliament. The government's future was entirely at her discretion.

What rankled about Jean's decision was she kept the reasons for it secret. It's the 21st century, but we, her loyal subjects, were not entitled to an explanation.

Is it time for a full-scale debate on the monarchy? We haven't had a dustup on the future of the country since the constitutional quarrels over the Meech Lake and Charlottetown accords two decades ago. Partly because of minority governments, the Canadian discussion in recent years has been limited to short-term political questions. We don't look beyond the horizon.

A debate on severing the last link with Britain would be of major consequence. It would be about entering a new stage of nationhood. It would be risky but invigorating. It would unleash energies, possibilities, and visions that only the prospect of a new identity can do.

We need not worry about any such Canadian drama happening soon, however. Such a break with the past requires a risk-taker, a tribune, a trailblazer. At this time, there is no one in our political class who fits the description.

Lawrence Martin is a journalist and author of 10 books who writes about national affairs from Ottawa.

Views

National securities commission needed

InBusiness
Charles Davies
metronews.ca/inbusiness

If federal Finance Minister Jim Flaherty needs another argument in favour of a national securities commission, he need look no further than the latest decision of the Ontario and Quebec securities commissions.

They have approved online trading in derivatives for small retail investors. Individuals who hold accounts with the online trading firm CMC Markets Canada can now deal in Contracts for Difference, or CFDs. These are contracts that allow investors to make leveraged bets on the price movements of stocks, indices, commodities, treasuries and foreign exchange. Investors never own the underlying security; they just trade on the price.

Let's put this latest regulatory brainstorm in the context of the times. We've just begun to emerge from the worst recession since Joanie fell in love with Chachi, a downturn that was spawned by the U.S. sub-prime mortgage crisis. That was, at heart, a story of excessive lending that produced an unmanageable amount of leverage — too much debt in relation to home equity.

The mess was compounded as mortgage loans were securitized in ever more opaque financial products and sold to investors. Individual homeowners got in over their heads, but so did sophisticated investors.

There may be individual online trading geniuses who can do better than those big institutional investors, but I doubt it. Day traders very often lack fundamental investment knowledge. In fact, they like to trade on price movement alone, so having an understanding of the actual investment only gets in the way. You get this crowd hooked on leveraged investments and many shirts will be lost.

Once again, provincial securities regulators have let down the public. Let's hope a future national body won't do the same.

Charles Davies is a veteran business writer who has worked for Canadian and international news organizations.

MICHAEL DE ADDER

Tell us your views by email to vancouverletters@metronews.ca or comment on metronews.ca or on Twitter @vancouvermetro
Letters must include sender's full name, address and phone number – street name and phone numbers will NOT be published. We reserve the right to edit letters.

METRO Vancouver 1190 Homer Street, Suite 250, Vancouver, BC V6B 2X6, Tel: 604-602-1002; Fax: 1-866-254-6504; Advertising: 604-602-1002 • adinfovancouver@metronews.ca; vancouver_distribution@metronews.ca; News: fernando.carneiro@metronews.ca

For 25 years, proudly Canadian

– now that's something to celebrate.

It's our anniversary and there's plenty to celebrate. We've been right by your side, connecting you to your money wherever the day takes you – in store, at the ABM, and online. And now, here we are, 25 years later: a world leader in debit card services and a made-in-Canada success story. Thank you for making us who we are.

® The *Interac* logo, the armoured truck design and "Everyday Simply" are Trade-marks of Interac Inc. Used under licence.

Interac®

Everyday Simply™

How do you make the right investment decisions today? It's worth a talk.

Now more than ever you want to know what your money is doing and where it can help take you. We want to help you get there.

Experienced advisors

Over 1 million financial reviews each year

Helping you *achieve what matters* sooner

Experienced advisors.

Like many people, you may have more questions about your financial future than you've ever had before. That's why you should talk with one of our experienced CIBC advisors. You'll work together to find the right investment answers and solutions for you.

Personalized financial reviews.

Every year CIBC advisors help over one million Canadians with financial reviews, enabling them to better understand their financial situation, prioritize their goals and put a plan into place for the future they want.

Achieve your goals.

Your individual financial goals matter as much as ever. You need a personalized plan that works for you. One that is developed and put into action by working with an experienced CIBC advisor.

Let's talk.

The sooner you sit down and talk with a CIBC advisor, a CIBC Imperial Service® Advisor or a CIBC Wood Gundy® Investment Advisor, you'll be on the right path to achieving what matters to you, sooner.

Talk with a CIBC advisor today. Visit any CIBC branch, go to cibc.com or call 1 800 465-CIBC (2422).

CIBC

For what matters.

CIBC Imperial Service and CIBC Wood Gundy products and services are provided by CIBC and CIBC affiliates; ask for details. CIBC Imperial Service is most appropriate for individuals with household investable assets greater than $100,000. CIBC Wood Gundy is most appropriate for individuals with household investable assets of $250,000.
®Registered trademark of CIBC. "It's worth a talk." and "CIBC For what matters." are trademarks of CIBC.

Business

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Job losses slowing, but quality dwindles

Job quality index has fallen in past 6 months

Fewer Canadians are losing their jobs as the recession eases its grip on the economy, but the quality of the jobs they do have is deteriorating, according to a report issued yesterday by Canadian Imperial Bank of Commerce.

CIBC says its job quality index — which measures things like wages and part-time versus full-time work — has fallen 3.8 per cent in the last six months.

The decline in the job quality index, ironically, comes in a period when Statistics Canada says the national employment situation showed a slight improvement in recent months.

"All the components that compose our quality index have worsened since March of this year," CIBC economist Benjamin Tal wrote in the report.

For example, part-time employment rose over 0.2 per cent, while full-time employment fell and self employment surged by three per cent, versus a 0.5 per cent decline in paid employment.

"But the most important factor that has contributed to the recent decline in our quality index is that any gain in employment over the past six months was among low-paying jobs while the number of high-paying jobs has, in fact, declined by at least three per cent," Tal wrote.

Most of the deterioration has been in Western Canada, with British Columbia leading the decline, the bank said.

THE CANADIAN PRESS

m.metronews.ca

Scan this barcode for more Business news on your smartphone.
Learn how to scan the barcode with the instructions at the top of pg 3

Auto industry **Ford's income numbers soaring**

CARLOS OSORIO/THE ASSOCIATED PRESS

Ford surprised investors with net income of nearly $1 billion US in the third quarter and forecast a "solidly profitable" 2011. Ford lost more than $14.6 billion last year and hasn't posted a full-year profit since 2005. Pictured is Ford executive Mark Fields, standing next to a Ford Fusion in front of a pink-lit Ford headquarters last week in Dearborn, Mich.

Realty commissions under fire

COMPETITION The Competition Bureau is pushing for changes in how much Canadians pay in realty commissions after an investigation found the country's largest realtor association was operating with anti-competitive rules.

The decision could open the market to cheaper listing alternatives or result in lower listing charges on the Multiple Listing Service. An internal memo from Canadian Real Estate Association said that the federal bureau has told them its rules block competition within the industry, and has recommended changes.

"The bureau is concerned that CREA's rules have restricted consumer choice and limited the scope of alternative business models," according to a memo signed by CREA president Dale Ripplinger. "The bureau's position is that if CREA does not remove these restrictions, the Commissioner of Competition will initiate an application before the Competition Tribunal."

THE CANADIAN PRESS

Business in brief

SEAL HUNT Canada is taking its seal-products dispute with the European Union to the World Trade Organization.

HOUSING STARTS The national housing agency is reporting that housing starts have started to recover and it expects the recovery to continue.

PAPER INDUSTRY Sacrifices are required to make the Montreal-based AbitibiBowater more competitive if the province is to consider investing in the insolvent paper producer, says Quebec's economic development minister.

THE CANADIAN PRESS

Interest rates/Savings accounts (Please check bank websites as some rates require a minimum account balance)

BMO	CIBC	HSBC	ICICI	ING	PCF	RBC	SBIC	Scotia	TD
1.00%	0.75%	0.80%	1.20%	1.05%	0.75%	0.75%	1.25%	1.00%	0.75%

Your Money

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Tame credit card debt

AlisonOnMoney

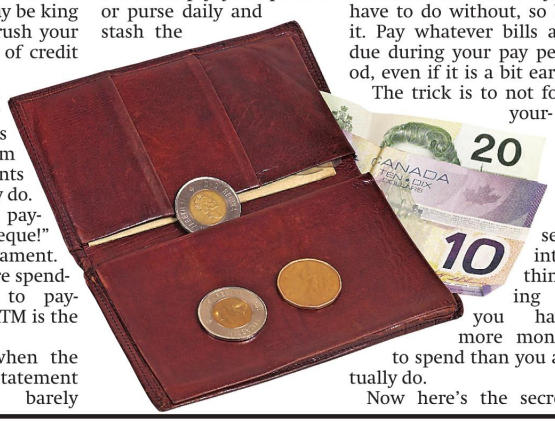
Just as sodium is a killer buried in Canadians' diets, so too is cash in your financial life. Cash may be king but it can also crush your ability to get rid of credit card debt.

I find that most people withdraw two to four times as much cash from their bank accounts as they think they do.

"I'm living paycheque to paycheque!" is the common lament. "No," I say, "you're spending paycheque to paycheque and the ATM is the culprit."

As a result, when the credit card statement comes there's barely enough to pay the minimum. But you can free up that extra money by curtailing the cash you run through.

For the short term stop all cash expenditures except for a nominal amount, say $20 to $30 for incidentals. Take that amount out in cash weekly. If you have kids, there always seems to be a few dollars needed here and there. Empty your pocket or purse daily and stash the coins in Auntie Meg's old broken teapot to build up a kid cache.



Now, put your credit card away. Instead, use your debit card but estimate what you require monthly for essentials such as groceries, gas, household bills, etc. With every paycheque track your spending to ensure you stick to the budget.

Spend no more than the estimated amount! If you have to do without, so be it. Pay whatever bills are due during your pay period, even if it is a bit early.

The trick is to not fool yourself into thinking you have more money to spend than you actually do.

Now here's the secret. Take whatever is extra every paycheque (not every month) and put it on your credit card balance. Don't wait for the statement to come. Voila, the balance will melt away.

Once the debt is gone stick with the program and devote the extra money to building up some savings so you will never have that sinking feeling when the credit card bill arrives.

Alison's Money Rule:

- If credit card debt is overstaying its welcome in your life, banish it by controlling your cash habit.

Alison Griffiths is a financial journalist, author and host of Maxed Out on the W Network. Write to her at alison@alisongriffiths.ca.

HiSAVE Savings Account
1.20% C$
Apply online : icicibank.ca
ICICI Bank
All interest rates are expressed on a per annum basis and are subject to change without notice. Interest on HiSAVE Savings Account is calculated on the daily closing balance and paid monthly. ICICI Bank and logo and the HiSAVE name are registered trademarks.

Buying opportunity

Investing

Investors have been waiting for some sort of pullback in the markets since the beginning of September. It appears the correction is here, perhaps four to six weeks later than anticipated.

In my opinion, investors should not be afraid of this correction. They should use it to their advantage. Many investors missed the most recent seven-month 50 per cent rally and they are waiting for any opportunity (market pullback) to get back into the market. Investors will begin to buy equities when the market appears cheap again.

If you are an investor with cash on the sidelines making one per cent or two per cent, you have to use these opportunities to be a buyer of equities. There are some great companies yielding four per cent, five per cent and even over six per cent at this time. If you compare these returns to other asset classes like GIC's or bonds, equities make the most sense for growth investors (if you can handle the volatility) over the next six to 12 months.

Tip

- Investors should be patient, look for opportunities and own something that will pay a dividend so you can get paid while you wait for the growth in your investment to be realized.

Allan Small can be reached at asmall@dundeesecurities.com The views expressed are not necessarily those of Dundee Securities

Curiosity.
Follow yours here.

Attend an Information Session Now!

Ask about Continuing Education and part-time options.

Times and locations for these and other Info Sessions are updated frequently at douglascollege.ca/info

NEW WESTMINSTER CAMPUS 700 Royal Avenue
(one block from New Westminster SkyTrain Station)

DAVID LAM CAMPUS 1250 Pinetree Way, Coquitlam
(one km north of Coquitlam Centre Mall)

Nov 17, 6:30-7:30pm, Coquitlam Campus only
Career Development Practitioner Certificate Program

Nov 17, 5:00pm, Coquitlam Campus only
Health Information Management Program
Health Care Support Worker
Nursing (Bach of Science)
Psychiatric Nursing (Bach of Science, Diploma)

Nov 19, 5:00pm, New West Campus only
Music
Theatre
Stagecraft
Behavioural Interventionist
Child and Youth Care Counsellor (Degree, Diploma)
Classroom and Community Support
Community Social Service Worker
Disability and Applied Behaviour Analysis
Early Childhood Education
Therapeutic Recreation (Degree, Diploma)
Youth Justice

Nov 17, 5:00pm
David Lam Campus, Coquitlam OR

Nov 19, 5:00pm
New Westminster Campus
Accounting
Associate of Arts Degree (Economics)
Business Administration (Degree)
Business Management
Computing Science and Information Systems
Dispensing Optician
Financial Services Management
Hotel and Restaurant Management
Marketing Management
Office Administration
Physical Education and Coaching (Degree)
Sport Science
Therapeutic Recreation (Degree, Diploma)
University Transfer (Arts, Science and Business)

Douglas College
Ignite your potential

09-249b

Online investing shatters stereotypes

Online investing is no longer seen as the sole realm of math whizzes and those with finance degrees.

RAFAEL BRUSILOW
for Metro Canada

Online investing has grown by leaps and bounds in the last decade, a testament to the fact that putting your money to work online for you is easier than ever.

Jason Storsley, president and CEO of RBC Direct Investing, says online investing is no longer seen as the sole realm of math whizzes and young grads with finance degrees — today you can find people from almost all walks of life using online investing to reach their financial goals.

"Today the demographic of people using online investing spans across all ages and stages, all different types of professions, and it's used almost equally by men and women." Jason Storsley, RBC Direct Investing

"The industry has really evolved over the last five to 10 years. Back then, it was mostly young, male, techie-trader types who delved into it. Today the demographic of people using online investing spans across all ages and stages, all different types of professions, and it's used almost equally by men and women," Storsley said.

The early days of online investing saw many simplistic, bare-bones websites equipped almost exclusively for quick juggling of stocks, usually frequented by people looking solely for a quick buck on a short turnaround. Today, attitudes have come staunchly around because the tools of online investing have become more powerful, and long-term financial options have become increasingly available. Storsley says the online realm today offers all the same possibilities as offline investing in a far more convenient setting.

"It's not seen as just a place for active traders, now you can really manage and meet all your financial goals through our online investing site," he said.

Direct investing through RBC offers unparalleled access to tools that make online investing a snap, especially for new investors. Online tutorials with voice-overs and visual cues on the main RBC site explain every step of the online investing process and even provide tips on understanding how to choose the right investment option. Independent research and performance indexes can arm you with crucial knowledge when picking where and how to invest your money and RBC's fully customizable search utility lets you sift instantly through thousands of mutual funds to create a convenient shortlist of ones that match your needs in price, performance and investment type.

With the challenging economy of today, Storsley says fear and uncertainty are more prevalent than ever — a perfect reason to test-run an RBC Practice Account, which allows investors to test their financial strategies and use all the same tools as a regular account without risking a single penny.

"Investors really do lack confidence right now, especially the ones just starting out. They're nervous and they don't want to lose money. With an RBC Practice Account, they can venture into the online investing space and build that confidence without risking real money," Storsley said.

As investor confidence grows, more women are entering the online investing world than ever before, likely because more women are also taking the financial reins of their investment future.

"More women are managing the family's finances and they are looking to reach their investment goals online," Storsley said.

With sophisticated offerings like 19 different model portfolios, mutual fund packages already prescreened by RBC experts and prepared for a variety of financial goals, Storsley says many RBC clients are finding it easier and more satisfying than ever to venture online with their money for the first time.

"A lot of our clients would never have come into online investing 10 years ago because it wouldn't have met their needs. We've really broadened our offering to be able to meet the long-term objectives of any Canadian," Storsley said.

Who are they?

- **Self-directed investors** make up roughly 15-20 per cent of all Canadian investors and the number is rapidly growing as more Canadians choose to manage some or even all of their investments online.
- **Online investors** represent a wide cross-section of society with almost an equal split between men and women and a variety of young, old, new and experienced investors making use of online investment tools.
- While people still **trade stocks**, a growing number of people pursue their long-term financial goals online.
- **Self-directed investors** love the competitive prices of online investing and the powerful education and analysis tools available online at rbcdirectinvesting.com make investing online just as effective as offline investing.

On the web

- For more on RBC Direct Investing, log on to rbcdirectinvesting.com.

RBC Direct Investing™

vancouver 2010
PREMIER NATIONAL PARTNER

Confidence is always a great investment.

Introducing RBC Direct Investing Practice Accounts.

Now you can gain confidence in your investing skills without the risk. With an RBC Direct Investing™ Practice Account, you can test drive online investing without using real money. Learn to invest on your own terms with access to a host of powerful tools and educational resources to help you build your investments knowledge. Take control of your financial future with an RBC Direct Investing Practice Account.

Get started at
rbcdirectinvesting.com/practice

CREATE
A FUTURE WITH PEACE OF MIND

RBC Direct Investing Inc.*, and Royal Bank of Canada are separate corporate entities which are affiliated. *Member CIPF. RBC Direct Investing Inc. does not provide investment advice or recommendations regarding the purchase or sale of any securities. Investors are responsible for their own investment decisions. RBC Direct Investing is a business name used by RBC Direct Investing Inc. ™ Trademark of Royal Bank of Canada. ® Registered trademark of Royal Bank of Canada. Used under licence. © Copyright 2009. All rights reserved. ™ ©2008, VANOC. Used under licence.

U.S. GOV'T GOLD FINAL RELEASE

Special arrangements for Gold orders of $50,000

Special arrangements for Gold orders of $50,000

HEADLINE GOLD NEWS • FROM ONE OF THE LARGEST GOLD DISTRIBUTORS IN THE WORLD

GOLD SKYROCKETS PAST $1,000/OZ. EXPERTS PREDICT $5,000/OZ!

U.S. GOV'T GOLD COINS FINAL RELEASE

The United States Rare Coin and Bullion Reserve Vault Facility today announces the final release of U.S. Gov't Issued Gold Coins previously held in The West Point Depository/U.S. Mint. For a limited time, Canadian citizens will have the opportunity to purchase these $5 Gov't Issued Gold Coins for the incredible at-cost price of only $128.00 per coin. An amazing price because these U.S. Gov't Issued Gold Coins are completely free of dealer markup. That's correct, our cost. This may be your final opportunity to buy U.S. Gov't Issued Gold Coins at-cost. The Gold market, which recently skyrocketed past $1,000 an ounce, is predicted by experts to have the explosive upside potential of reaching up to $5,000 an ounce in the future. **Due to extremely high Gold demand, availability of these special at-cost Gold Coins may vary based on current vault inventory.** The United States Rare Coin and Bullion Reserve will release these U.S. Gov't Issued Gold Coins at-cost on a first-come, first-serve basis. Orders that are not immediately received with the order center could be subject to cancellation and your checks returned uncashed. Good luck. We hope that everyone will have a chance to purchase this special U.S. Gov't Issued Gold at-cost. Order your Gold immediately to avoid disappointment. Special arrangements can be made for Gold orders of $50,000. Call Toll-Free 1-800-410-8532.

GOLD MAY BE BETTER THAN MONEY IN THE BANK

If you had $50,000 in the bank and you transferred it into Gold at today's price, you could now have an opportunity to possibly gain as much as five times its value. That's right, $250,000. On the other hand, if you leave that same $50,000 in the bank for 10 years, chances are, it's only going to be worth about $50,000. When you convert money to Gold, you haven't spent your money, but have transferred its value from a declining paper currency, to a precious metal that is rising in value. With predictions of Gold rising from about $1,000 an ounce to $5,000 an ounce in the future, now could be a great time to get in. Buying Coins involves some risk. The market for these items is unregulated, so prices may rise or fall over time, therefore the value of a coin depends in part on the price you pay. You should not acquire any item if you are not competent or qualified to make your own financial decisions.

© 2009 United States Rare Coin & Bullion Reserve.

AUTHORIZED BY CONGRESS

PUBLIC LAW 99-185 99 STAT. 1179

U.S. GOV'T $5 GOLD EAGLE COINS
SPECIALLY ENHANCED PHOTOS TO SHOW DETAIL

U.S. CAPITOL, WASHINGTON, D.C.

CALL NOW

THEY MAY NOT LAST LONG

TOLL FREE

1-800-410-8532

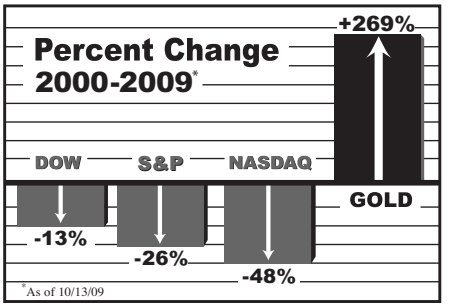
24 Hours a Day, 7 Days a Week

Vault No. CNMT19F-128

UNITED STATES RARE COIN & BULLION RESERVE

Distributor of Government Issued Gold & Silver. Not Affiliated With the U.S. Government.

GOLD OUTPACES THE DOW, NASDAQ, AND S&P 500



WHY TO BUY GOLD NOW

- **With the National Debt at more than $11 trillion and rising, Gold may have an upside potential that has not been seen since the 1980's.**
- **If the dollar continues to weaken and inflation predictions become a reality, Gold may be the safest place for your money.**
- **Experts predict that Gold may have enough upside potential to reach a price as high as $5,000 an ounce in the future.**
- **Smart individuals are moving up to 30% of their assets into Gov't Gold.**
- **Due to extremely high Gold demand, availability of these special "at-cost" Gold Coins may vary based on current vault inventory.**
- **Special arrangements can be made for Gold orders of $50,000.**

MASTERCARD • VISA • AMEX
DISCOVER • CHECK

BEGINNING TODAY, TELEPHONE ORDERS WILL BE ACCEPTED ON A FIRST-COME, FIRST-SERVE BASIS ACCORDING TO THE TIME AND DATE OF THE ORDER

1 – Gov't Issue Gold Coin	**$ 128.00**
5 – Gov't Issue Gold Coins	**$ 640.00**
10 – Gov't Issue Gold Coins	**$ 1,280.00**

SPECIAL AT-COST OFFER LIMITED TO PURCHASES OF 10 COINS ($1,280) OR LESS + SHIPPING, INSURANCE, GST & APPLICABLE PST. PRICES MAY VARY DUE TO EXCHANGE RATE. MINIMUM ORDER 5 GOLD COINS.

MLS Golden Boot winner explains his success

Jeff Cunningham, winner of the MLS Golden Boot and MLS MVP nominee, joined It's Called Football yesterday to discuss his turnaround season, why he struggled in Toronto and his links to the English side Reading. Watch at **metronews.ca/itscalledfootball**

Sports

Bolt aids a cheetah

The world's fastest man adopted the animal kingdom's fastest sprinter yesterday, as Usain Bolt, left, welcomed a baby cheetah named Lightning Bolt into his life. The sprinter's sponsorship of the three-month-old male cheetah is part of an effort to boost Kenyan conservation efforts of its famous wildlife, whose survival is threatened by trophy hunting, climate change and human encroachment. THE ASSOCIATED PRESS

EDITOR: CHRIS.CLEMENTS@METRONEWS.CA

Utley powers Phillies to win

N.Y. leads Series 3-2

Yankees 6 **Phillies** 8

AT

Put those parade plans on hold, New York. The Phillies are coming back.

Chase Utley hit two home runs to raise his World Series total to a record-tying five, backing Cliff Lee once again as Philadelphia staved off elimination with an 8-6 victory last night and set up a Game 6 for the first time since 2003.

Utley hit a go-ahead, three-run homer in the first inning off A.J. Burnett and added a solo shot in the seventh to join Reggie Jackson as the only players to hit five home runs in a single World Series.

Philadelphia closed within three games to two by replicating its winning formula from the opener, when Utley hit two solo homers and Lee pitched a six-hitter.

THE ASSOCIATED PRESS

m.metronews.ca

Scan this barcode for the most recent Sports updates on your smartphone.
Learn how to scan the barcode with the instructions at the top of pg 3

NFL Saints march to end zone

BILL FEIG/THE ASSOCIATED PRESS

New Orleans Saints running back Pierre Thomas, right, and tight end Jeremy Shockey celebrate Thomas' touchdown against the Atlanta Falcons last night. The Saints won 35-27.
For a complete recap, visit metronews.ca/sports

The Lions' complicated playoff picture

CFL The B.C. Lions kick off the weekend hosting the Edmonton Eskimos on Friday night. They're tied for third in the West Division with identical 8-9 records so the winner will clinch the conference's final playoff spot.

Should the Lions and Eskimos tie, B.C. would take third by having won the season series. But Edmonton would clinch the crossover and become the East Division's No. 3 seed.

The loser of the B.C.-Edmonton game could still make the playoffs as a crossover team but would have to wait until Sunday to finally learn its fate.

That's when Winnipeg (7-10) hosts Hamilton (8-9) at Canad Inns Stadium in the regular-season finale. The Bombers must win to clinch second in the East and host the division semi-final Nov. 15.

A loss would eliminate Winnipeg from post-season contention.

THE CANADIAN PRESS

Sports in brief

PGA Doug Barron, a 40-year-old journeyman who lost his tour card three years ago, became the first player to be suspended by the PGA Tour for testing positive for a performance-enhancing substance. Barron will be suspended for one year, the PGA Tour said yesterday.

COYOTES A federal bankruptcy judge has given his approval to the sale of the Phoenix Coyotes to the NHL. Judge Redfield T. Baum signed the sale order yesterday. The NHL will pay about $140 million US to buy the team from owner Jerry Moyes. THE ASSOCIATED PRESS

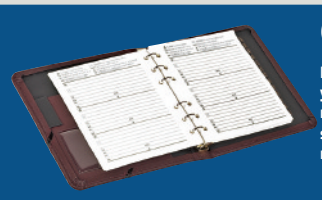
BEST BUY · FUTURE SHOP · LONDON DRUGS · Walmart · Zellers · koodo shop

Aberdeen Mall
Brentwood Town Centre
Coquitlam Centre
Guildford Town Centre
Lougheed Town Centre
Mayfair Shopping Centre
Metropolis at Metrotown
Oakridge Centre
Orchard Park Shopping Centre
Park Royal Shopping Centre
Richmond Centre

(1) Subject to approved credit.

Did you know?
With 680 applicants for every one of its 297 spots, the Indian Institute of Management in Ahmedabad, India, is the world's most competitive MBA program. **CSMONITOR.COM**

MBA Guide



Get organized

If you've decided to pursue an MBA, you will have homework! To maximize your time, use an agenda to stay organized, and create a designated study area for yourself.
NEWS CANADA

SPECIAL FEATURES EDITOR: STEPHANIE.BOMBA@METRONEWS.CA

Degree can pay off

RAFAEL BRUSILOW
for Metro Canada

Despite the high price tag and big-time commitment, an MBA degree can pay big dividends for your career.

MBA tuition at Canadian schools averages about $25,000 and ranges up to almost $100,000 for EMBA programs at certain schools, meaning if you're thinking of getting an MBA, you have to think strategically about how getting the degree is going to be an investment in your future.

"Many years ago, a B.A. degree was viewed as a ticket to get an upper-level job — now it seems an MBA is that ticket." Richard Powers

Richard Powers, associate dean at the University of Toronto's Rotman School of Management, says many employers still see the MBA as a gold standard for top-level management positions.

"Many years ago, a B.A. degree was viewed as a ticket to get an upper-level job — now it seems an MBA is that ticket," Powers said.

Powers argues that the types of skills taught and polished in an MBA program are fundamental to business, and therefore will remain valuable to most employers.

"Even leaders without an MBA are depending on MBAs to help their companies become successful. You need those skill sets in your business," Powers said.

Maclean's magazine regularly uses survey results to rank Canadian MBA programs for quality, and the Financial Times ranks all world MBA programs and shows how much average graduates' salaries increase after finishing their MBA degrees.

If you're planning on investing in an MBA, do your research, experts say.

The 2009 Financial Times ranking shows several MBA schools in Canada made the top 100 and averaged between 83 and 98 per cent or higher increase in salary post-graduation, including the University of Alberta, Sauder (UBC), Ivey (UWO), Rotman (U of T) and Schulich (York).

If you're planning on investing in an MBA, do your research to see which MBA school matches your specific program needs.

"Make a list of what you want to get out of an MBA. You need to have a return on investment for your chosen MBA program and that ROI isn't necessarily financial," Powers said.

For example, Powers says younger MBA grads frequently opt to use their MBA degrees to secure work at non-profit agencies, where they initially earn less but get to take command in higher-level positions much sooner in their careers than they would in the corporate world.

Deborah Hurst, director of MBA programs at Athabasca University in Alberta, agrees that regardless of how the market fares in the short term, the value of an MBA is likely to stay high but adds that the market meltdown should be a wake-up call to schools that sustainability and ethics should be a big part of any MBA degree.

"I think it's more important now than ever to have the kinds of skills and abilities that an MBA offers, but the experiences have to be real and you have to build in ethics and sustainability. We've got to look at high-level decision making that takes into account ethical frameworks," Hurst said.

Ready for your MBA?

Vancouver **MBA Fair**

Thursday November 12, 2009
Vancouver Convention & Exhibition Centre

Ivey, Simon Fraser, Cranfield, UCLA, U of Toronto, York, Queens, UBC, McGill, Concordia, & more!

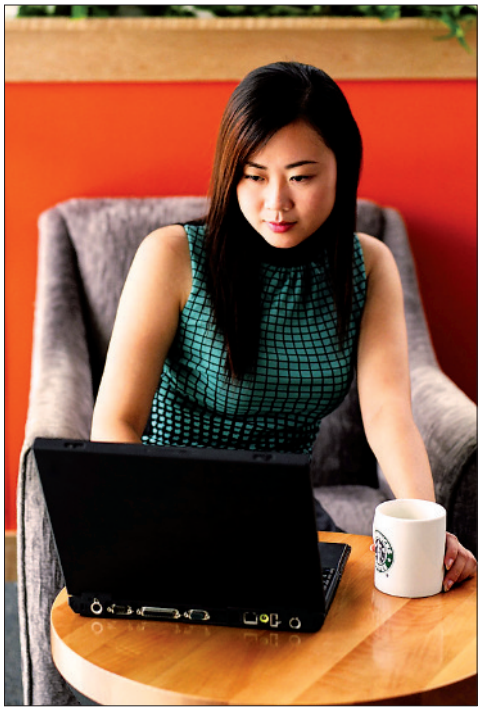
THE MBA TOUR
Your future begins here

Spaces are limited. Register today!

www.TheMBATour.com

And the winner is...
The Laurier School of Business & Economics will be celebrating this year's winners of the 2009 Laurier MBA Alumni Awards on Thursday. The MBA Alumnus of the Year Award goes to Yvan Couture, president and CEO of Primal Fusion. METRO NEWS SERVICES

Demand for online MBAs rising



Dozens of schools throughout the United States and a handful in Canada currently offer online MBA programs.

RAFAEL BRUSILOW
for Metro Canada

As the business world continues to move further online, it's only natural to see MBA education do the same.

Today, with a growing number of schools around the world offering online MBA programs, it's clear that sitting in a classroom is no longer the only way to get a degree.

Distance education is nothing particularly new to the MBA world, which saw distance-learning alternatives to standard MBAs grow in popularity in the 1960s and 1970s, especially in the United States.

The Internet has greatly changed the nature of such education, however, making previously unlikely student interaction a key feature, keeping programs current and competitive and most importantly raising credibility and standards throughout the industry.

Dozens of schools throughout the U.S. and a handful in Canada currently offer online MBAs and demand among busy students is increasing.

Alberta's Athabasca University began offering its online MBA program in 1994.

Deborah Hurst is director of MBA programs at Athabasca University in Alberta, which in 1994 began offering the first fully interactive online MBA in the world. Today, the school has 840 active MBA students in its MBA and executive MBA programs. What started with floppy disks and dial-up Internet connections has quickly metamorphosed into a technologically savvy program that sounds very much like what you'd expect a traditional classroom MBA would offer, complete with scheduled lectures, frequent group work, forum discussions and student symposia.

"We've always been collaborative, where students learn as much from one another as from the instructors," Hurst said.

Whereas real-world discussions in the classroom tend to be dominated by more social, outgoing students, in the online world Hurst says shyness is no obstacle to participation since students can respond to comments on their own time and from the relative safety of their own computers. Students used to squeaking by without raising their hand in a classroom are forced to participate in an online setting because instructors can see at a glance who is responding to online comments.

"The online environment allows students to refine their thinking because they have time to think and work together in a way that is thought to thought. It also allows for a more democratic sharing of ideas because all students are required to participate. There's nowhere to hide — everyone plays a role," Hurst said.

At Lansbridge University in Fredericton, N.B., the online MBA program uses real-time PowerPoint presentations and voice-over-Internet to make the virtual learning experience as visceral as possible. Lansbridge marketing manager Holly Christie says the immediacy of online interactions makes it easier for students to connect to instructors.

"We don't have teaching assistants — if you email, the faculty it's the faculty that responds," she said.

Corporate Residency MBA

Get there faster.

Personalized leadership development
Exceptional, paid work experience
Innovative curriculum

Seeking the best from every field of study.
Prior work experience not required.
Motivation is mandatory.
Apply now.

DALHOUSIE UNIVERSITY
Inspiring Minds

dalmba.ca

Increase your net worth at McMaster

An MBA from McMaster's DeGroote School of Business yields impressive returns. Over the past three years graduates have enjoyed a 97% increase in their income. And last year 90% were employed within three months of graduation.

You don't have to drop out of the race to realize these returns. As Canada's premiere Co-op MBA school you can earn while you learn. The DeGroote Co-op MBA integrates four academic terms with three four-month paid work terms with leading corporate partners.

In 2010, the DeGroote School of Business launches the new Ron Joyce Centre, a state-of-the-art campus in Burlington, Ontario. Be among the first to complete your MBA in this brand new centre, while increasing your net worth at McMaster.

LEARN MORE AT www.mcmastermba.ca

DeGroote SCHOOL OF BUSINESS
McMaster University

By the numbers
According to a Statistics Canada report released late last month, the average tuition for an executive MBA is $30,653 and $20,564 for the regular MBA program. METRO NEWS SERVICES

EMBA can be a juggling act

RICHARD WOODBURY
for Metro Canada

Growing in popularity, executive MBAs are geared towards a different demographic and serve a different purpose than an MBA.

"It's a very different mindset between a full-time MBA and an executive MBA," says Dr. Beatrix Dart of the Rotman School of Management at the University of Toronto.

The executive MBA is geared towards those with management experience, while MBAs are for people early in their work careers or fresh off their undergraduate degrees.

"They have a lot of things to draw on," says Dr. Linda Peritz of the Sauder School of Business at the University of British Columbia, noting that executive MBA students have a large body of knowledge and experience to draw upon while in the classroom.

People who take the executive MBA do it to broaden their knowledge base and allow them to be more strategic in their thinking and take on larger leadership positions, says Dart.

> **"All of a sudden, life becomes more complicated and extremely busy."**
> Gloria Saccon

"The full-time MBA does the opposite," she says.

MBA students are able to specialize in specific topics, such as finance, marketing and consulting.

"So one narrows you and makes you a specialist," says Dart. "The other broadens you and makes you more of a strategic thinker."

Before enrolling in an executive MBA program, it's crucial that students have candid discussions with both their families and employer to make sure all parties are onboard with the idea, says Gloria Saccon, the executive director of the executive MBA program at Queen's University.

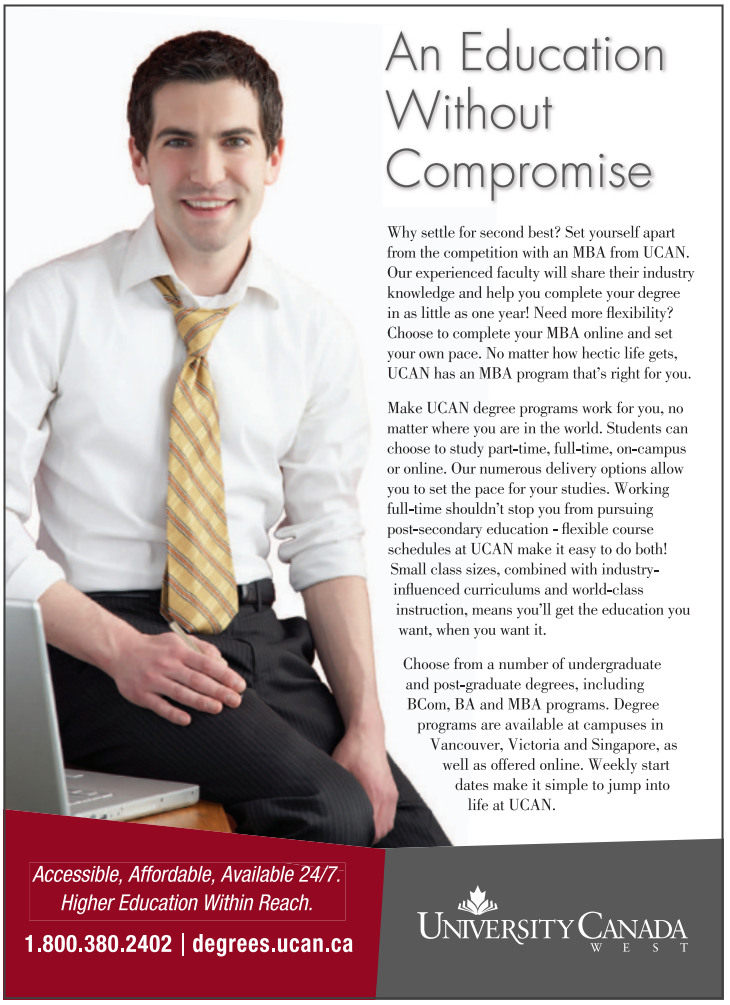
"All of a sudden, life becomes more complicated and extremely busy," she says, noting that students have to juggle school, a career and family life. Students and their families need to be aware of the time commitment involved in pursuing an executive MBA.

Students may catch a break on some of the schoolwork though, says Dart. Some of the projects can de done within company time because they are projects that bring immediate benefits to the company.

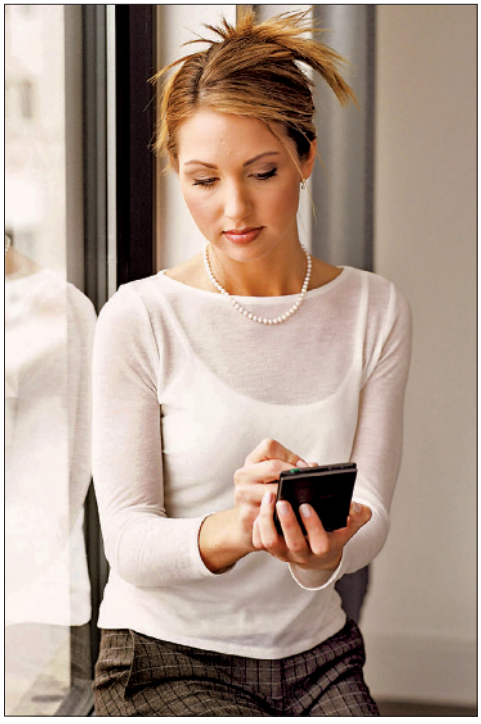
With the amount of time students will spend working on assignments with each other, they become a support network for each other, says Saccon.

"That's a really strong support mechanism in place because they're all experiencing the same or similar stresses while they're going through this program," says Saccon.

The executive MBA is geared towards those students who already have management experience.



Ivey expands its presence
Leaders of the Richard Ivey School of Business were in India last week to expand the school's ties with the region. During the trip, they signed a partnership with the Indian School of Business for a Case Development Centre. METRO NEWS SERVICES


Laurier is looking to revolutionize the way students learn.

BlackBerry program a hit

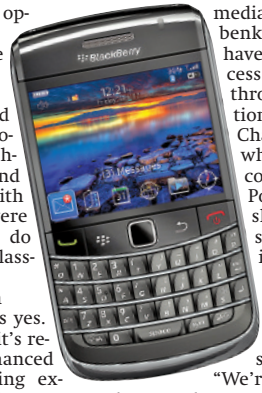
LEYLA EMORY
for Metro Canada

The days of turning off your cellphone before class are gone.

For Laurier MBA students, having their BlackBerry is as important as coming prepared with a textbook.

On their first day of class, 100 full-time Waterloo MBA students received a free BlackBerry, launching Laurier's MBA BlackBerry pilot program. In partnership with Research in Motion and Rogers Communications Inc., Ginny Dybenko, the school's dean of business and economics, is looking to revolutionize the way her students learn.

"I've always been a real high-tech freak," says Dybenko. "I see first-hand how effortlessly people learn in informal environments. Nothing holds them back and news travels at light speed via the Internet. I could contrast that with what I saw in the classroom — the prof standing at the front and trying to push factoids into the students' heads. I wondered if there wasn't an opportunity to use the informal enthusiasm and energy towards technology and meld it with what were trying to do in the classroom."



Deborah Carter says yes. "I love it, it's really enhanced the learning experience for me," says the MBA student who is a first-time user of BlackBerry and smartphones in general. For those new to the technology, Laurier offers tutorials throughout the year to increase their proficiency with the new teaching tool.

The aim is to increase accessibility, collaboration and the use of multi media says Dybenko: Professors have constant access to students through applications like Mobile Chalkboard, which pushes content like Power Point slides or assigned readings directly to a BlackBerry.

"Collaboration is also a huge plus," says Carter. "We're divided into work groups of six people for the first term. We do all of the major group projects together. It can be tough getting six people in the same place. The BlackBerry messenger application allows us to collaborate and give real-time information, regardless of where we are."

Finally, there's the benefit of integrating with current social media. "We had an official BlackBerry launch, where we heard from executives from Rogers and BlackBerry," recalls Carter.

"Students could videotape presentations and upload them in real-time to YouTube. From that, we had a discussion about how to integrate YouTube into our classes. Could we do pitching assignment via YouTube?"

The skills will translate to the working world, says Dybenko.

"They'll be effective first day on the job. Which is really our intent at Laurier. We believe in a very relevant curriculum."

SFU
SFU BUSINESS
SIMON FRASER
UNIVERSITY

THINKING OF AN MBA?

Whether your goals include joining an existing organization or pursuing your own entrepreneurial venture, we'll give you the tools and experience to thrive in the new business world. Our MBA is a full-time, 12-month program for those with undergraduate degrees in areas other than business, and less than five years of professional work experience. Upon completion of the program, students may enter a three- to eight-month internship to gain essential work experience.

CAN'T DO A FULL-TIME MBA?

Not everyone is able to adapt life to the rigorous timetable of a face-to-face business program. That's why we developed the Graduate Diploma in Business Administration. It utilizes an online learning environment that lets you study when it is convenient to your schedule, from wherever you are.

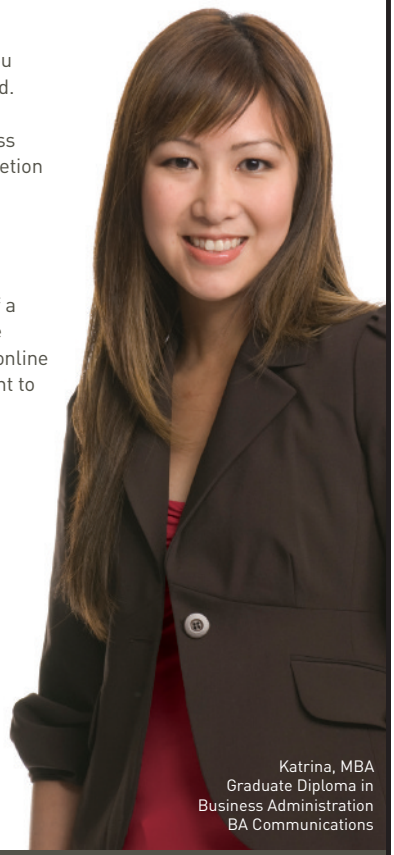
COME TO AN INFO SESSION

For more information on these and our other graduate business programs, visit our website at business.sfu.ca/segal or come to an info session:

- Thursday, November 5, 2009
- Tuesday, December 8, 2009
- Thursday, January 28, 2010

Information sessions start at 5:30 p.m. and are held at Segal Graduate School of Business, 500 Granville Street.

Register today at business.sfu.ca/infosession or call 778.782.5013.


Katrina, MBA
Graduate Diploma in
Business Administration
BA Communications

SFU Business • Segal Graduate School • Simon Fraser University

More than one way to pay for an MBA

ERIC EMIN WOOD
for Metro Canada

There are a number of ways students can pay for their MBA, says Charmaine Courtis, executive director of student services and international relations at York University's Schulich School of Business.

"In the first place, students coming into the program have several years' working experience, so they have savings," she says. "They are also eligible to apply for student loans, and many people do that."

Government loans are the most common financial aid among full-time students because the option is so widely known, says Sharan Girn, admissions adviser for Simon Fraser University's graduate business programs. "However, if students do their research, they will find there are various other options available," she says.

For instance, if a student has an RRSP, the Canada Revenue Agency offers the Lifelong Learning Plan, which allows students to withdraw from their RRSP to finance training or education, Girn says.

Bank loans are another option. Students from Schulich can apply for a preferred-rate line of credit from the Royal Bank of Canada, says Courtis, and the maximum available credit covers the cost of a two-year full-time program.

Paid internships are also common. "If students are doing a two-year program, they tend to break for a semester and work with a company," says Courtis. "That's a way to make some money and build credentials for graduation when you're looking for a real job."

Girn recommends contacting MITACS (mitacs.ca), which partners students with paid internships under their MITACS Accelerate Internship Program. "MITACS will put in 50 per cent and then the employer will put in 50 per cent," she says.

Many universities offer students paid research or teaching assistantships, "so they'll work in the classroom and receive a stipend for that," says Courtis.

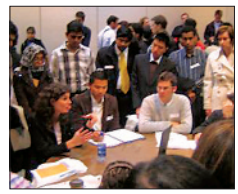
"Many students also take part-time jobs."

Occasionally, companies are willing to pay for their employees to earn an MBA, and many students will focus their final applied projects on their own companies, Girn says.

Finally, students should always apply for scholarships and bursaries. "Bursary money is awarded on the basis of need," Courtis says, "while scholarship money is awarded on the basis of academic credentials."

Schulich earns top spot
York University's Schulich School of Business earned the top spot of the 2009-2010 Beyond Grey Pinstripe rankings, which was released by The Aspen Institute. The poll is part of a biennial survey and alternative ranking of full-time MBA programs. METRO NEWS SERVICES

Tour a one-stop shop for students



There will be roundtable discussions at the MBA Tour.

LEYLA EMORY
for Metro Canada

The MBA Tour is like one-stop shopping for an education.

Set to hit Calgary, Vancouver and Toronto on Nov. 10, 12 and 14 respectively, the MBA Tour is a means by which prospective students can meet and learn more about the schools and programs they're considering applying to.

"We have schools from all over the world," says Peter Von Loesecke, CEO and managing director.

"There are a lot of Canadian schools obviously because Canada has a huge domestic MBA market," but schools from the U.S., Spain, Denmark and China will also be at the daylong event, he says.

Beyond providing attendees an opportunity to meet representatives from a variety of different schools, the fair allows schools to differentiate themselves. "That differentiation is really important in students understanding whether a particular school has something they want," says Von Loesecke.

This year's tour is organized so that the schools are able to offer a 35-minute presentation as well as having a stationed representative at a booth for one-on one interaction.

"It's different from a typical trade fair where you go from booth to booth to booth," says Charmaine Curtis, executive director of student services and international relations at Schulich School of Business. "We try and educate them before they visit the booths with these different sessions that we host."

The preparation from attendees varies. "Some people know the school they want to go to. They've had contact with them and they're coming to the event to reinforce their application. Others are just beginning to explore what an MBA is," says Von Loesecke. The event tries to cater to both.

Aside from showcasing schools, there are GMAT preparation presentations, sessions on how to fill out applications, the importance of the essay questions, and what schools look for in admissions applications.

For those more familiar with the process, the MBA Tour offers the opportunity to make an initial point of contact.

"These things are pretty well attended, so it's fairly busy, but there's always followup, at least from our school," says Curtis. "It's the first connect. From there, once we have applications, we bring them to the school to meet the students, sit in classes, et cetera. For us, it's part of the whole recruitment process. It gives us a number of different ways to access a potential student at one venue."

The people running hospitals tend be those who work their way up through the ranks, such as nurses and physicians.

A focus on health care

RICHARD WOODBURY
for Metro Canada

With health care eating up such a large portion of both the federal and provincial governments' budgets — and growing — it's no surprise more and more health-care courses are being offered at universities across Canada.

"We need to pay attention to how we manage these organizations," says Dr. Linda Peritz of the Sauder School of Business at the University of British Columbia. "We need to learn more about how to manage them."

Peritz says the people running hospitals tend to be people who work their way up through the ranks, such as nurses and physicians. They do not always have management training.

To deal with these challenges, the Sauder School of Business offers a 21-month executive MBA in health care, the only one of its kind in Canada. Students begin the first seven months of the program doing core topics, such as accounting, finance and ethics. After that, students specialize in courses such as "Patient Flow" and "Resource Allocation and Priority Setting."

Peritz says having this well-rounded background is necessary to make the right decisions.

"What you really, really want is senior managers to understand accounting and finance," she says. "You want them to be able to make decisions based on information and look at a balance sheet and understand what their position is and use a strategic approach to that information. You need people to be able to do that."

But Dr. Beatrix Dart of the Rotman School of Management at the University of Toronto doesn't see the value in executive MBAs in health care.

"We actually don't do specialized executive MBA programs because we find it defeats the purpose," she says. "The purpose is to make them more general and more strategic thinkers. So quite frankly, I don't see the value in limiting it then to an industry sector."

With an aging workforce, there will be lots of openings in the healthcare sector at all levels.

"There will be jobs there," says Dr. Kellie Leitch of the Richard Ivey School of Business at the University of Western Ontario.

Leitch has noticed increased interest in healthcare courses over the past two years. She attributes this to a greater discussion of issues facing the healthcare system.

"There has been a focus by provincial and federal governments on wait times and other health issues," says Leitch. "I think we all in an academic environment reflect on those things."

Baléa at Shoppers

Shoppers Drug Mart has just introduced Baléa, a new range of value-priced products for hair, body and face with scent combinations such as vanilla-and-coconut and white-ginger-and-nectarine. METRO NEWS SERVICES

Health & Beauty

EDITOR: JENNIFER.PRITTIE@METRONEWS.CA

The couple that cleans together

Hubbies who houseclean get more sex, study finds

According to a new study out of the U.S., the more housework a husband does, the more sex he gets.

But hold on, fella, before you jump up and start scrubbing the toilet — the study also showed that the relationship between cleaning and sex is more complex than that.

Most couples complain that trying to juggle work, family and keeping the dust bunnies from multiplying leaves little time for sex, but the study of almost 7,000 married couples revealed that those who work hardest also do the most housework and yes, have the most sex.

"Rather than compromise their sex life" because of time demands at work or at home, "this group of go-getters seems to make sex a priority," says Constance Gager, lead researcher and an assistant professor of family and child studies at Montclair State University, Montclair, N.J.

But it's not just about being overachievers. Many couples in the study said that sharing household duties made them feel more like a team working together to maintain their home, which in turn made them feel more intimate.

This study, published online in the Journal of Family Issues, isn't the first to make the connection between sharing household duties and marital bliss. Couples in one U.S. study out of the Pew Research Center placed "sharing household chores" as the third most important factor in a successful marriage, behind faithfulness and a happy sexual relationship.

Unfortunately, according to this study, women still spend an average 41.8 hours a week on housework, compared with 23.4 hours for husbands.

And, I have yet to see a TV ad in which hubby's gobsmacked by the amazing scrubbing power of some new cleaning product unless it's got some kind of masculinity-preserving technology behind it.

"Many couples in the study said that sharing household duties made them feel more like a team working together to maintain their home, which in turn made them feel more intimate."

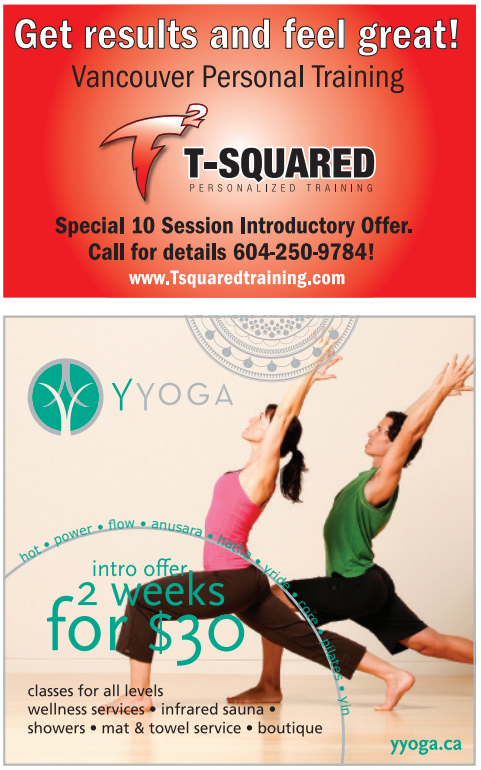
It's not like we're still living in a 1950s sitcom — there are certainly plenty of guys who more than pull their domestic weight — but generally, women still do most of the housework. And many resent it. Despite what the study found, I've heard more than one woman joke that her idea of great foreplay is having her husband do the dishes or the laundry without having to be asked. Only thing is, they're probably not joking.

• How do you and your partner share the housework? Does it cause conflict in your marriage? Share your thoughts in the comments section in the online version of The J Spot at metronews.ca.

Josey Vogels is a sex and relationship columnist and author of five books on the subjects. For more info, visit joseyvogels.com.

LISE GAGNE/STOCKPHOTO.COM

Though a new study has found that husbands who do more housework get more sex, guys shouldn't conclude that doing the occasional bit of cleaning will score them a quickie: The relationship between cleaning and sex is more complex than that.



Beauty picks: Body Shop Originals

From multi-coloured leggings to the ubiquity of Journey's Don't Stop Believing, it's apparent that there's been a definitive second or third wave of 1980s revivalism. While the jury's still out on shoulder pads, some actual good has come of this resuscitation; The Body Shop is re-introducing some previously discontinued favourites for a limited time. Among the best-selling products that will be making a comeback include their beloved Dewberry Body Lotion, Banana Shampoo and Conditioner, Fuzzy Peach Bath & Shower Gel, Carrot Moisture Cream and Ice Blue Shampoo. Also blessedly back from the dead: The Body Shop's amazing Cucumber Cleansing Milk (I am stocking up this time) and accompanying Cucumber Freshening Water. All Body Shop Originals products retail for $8.99 each.

SOFI PAPAMARKO/ FOR METRO CANADA

Go Mama go!
Majesco Entertainment Company has released Cooking Mama 3: Shop & Chop for Nintendo DS to retailers nationwide. Cooking Mama 3 serves up a new shopping mode that lets players buy ingredients from the store to make 80 new recipes, from chili con carne to pumpkin gnocchi. METRO NEWS SERVICES

Food

A 3½-ounce serving of chicken has about 140 calories and 3 grams of fat, while the same amount of turkey breast has 120 calories and 1 gram of fat.
ROSE REISMAN

EDITOR: NINA.DRAGICEVIC@METRONEWS.CA

LiquidAssets

Peter Rockwell

metronews.ca/liquidassets

Cheap but chic

Wine fans know that the quest for great "bang for your buck" bottles is more about fun than finances. In fact, I've always said spending $100 on a wine is easy — finding one that tastes like it does for next to nothing is the challenge.

Ground zero for tasty quality juice at rock bottom prices is Argentina. I was there this past spring so I can testify to that fact as an expert witness with the wines from Finca Flichman as perfect evidence.

I tried a variety of different styles with Chief Winemaker Luis Cabral de Almeida and his introductory wines offer terrific value — particularly the **2007 Misterio Malbec ($7.95 – $13.95),** which has the dark red fruit flavour and tongue-tingling pepper of a much more expensive malbec. Spain — the original Latin land of wine — also offers plenty of bargain vino with **Castillo de Monséran's 2008 Garnacha ($8.95 - $10.99),** a smooth, ready to drink red with soft black cherry and ripe, sweet berry fruit.

Personal Gourmet recipe of the month

ROSE REISMAN

Turkey with a twist

Turkey Scaloppini with Apricot and Dried Cherry Salsa

Most supermarkets now sell boneless turkey breast, which is leaner than chicken. If you can't find these thin cutlets, ask your grocer to slice boneless breast into scaloppini. Dusting it with flour keeps the turkey moist. The dried fruit salsa is a perfect accompaniment. Serve the scaloppini over mashed potatoes, with grilled vegetables alongside.

PREP TIME: 15 MINUTES
COOK TIME: 8 MINUTES
SERVES 4

Turkey Scaloppini with Apricot and Dried Cherry Salsa

INGREDIENTS:

- 4 turkey scaloppini (about 1 lb)
- ¼ cup all-purpose flour
- 2 tsp vegetable oil
- ¼ cup chopped dried apricots
- ¼ cup dried cranberries
- 1 cup diced red bell pepper
- 1/3 cup diced green onions, white part only
- 1 tsp crushed fresh garlic
- ¼ cup chopped cilantro or parsley
- 3 Tbsp apricot jam
- 1 Tbsp pure maple syrup
- 1 tsp Dijon mustard
- 2 tsp apple cider vinegar or freshly squeezed lemon juice
- 3 Tbsp chopped cilantro or parsley

METHOD:

1. Dust the turkey with flour. Spray a non-stick grill pan or skillet with cooking oil, add the vegetable oil and heat to medium. Sauté the turkey just until browned on both sides and no longer pink, about 8 minutes in total. Remove from the heat and keep covered.
2. To make the salsa, combine the apricots, cranberries, bell pepper, green onion, garlic, cilantro, jam, maple syrup, mustard and vinegar or lemon juice.
3. Spoon the salsa over the turkey and garnish with cilantro or parsley.

About Rose

Rose Reisman is an author, media personality, nutritionist, and the inspiration behind a fresh food delivery service, Personal Gourmet, and new website, The Art of Living Well. Visit Rose at rosereisman.com & personalgourmet.ca

ADVERTISING FEATURE

As winter nears, hosts across the country are gearing up for a season of get-togethers with family and friends. This year however, hosts across the country face a new set of challenges.

We've all been sobered by the recent economic downturn, so instead of going to lavish dinners out, more Canadians are opting to stay at home and entertain. This is why you'll find more party planners searching for new ways to be an economical, gracious and welcoming host and still make an impression.

One answer could lie with your wine selection. If you'd really like to stand out, think of a sparkling wine.

Here in Canada, a glass of bubbly is often equated with celebrations and special occasions. In many parts of Europe and Australia, however, sparkling wines are widely seen as an "everyday" drinking wine, just like many other red or white varieties.

It's no surprise then that some of the best bubblies come from regions where they really know what sparkling wine is all about. Wineries such as Australia's **Jacob's Creek**, an award winning winery in South Australia, have introduced some wonderful, yet affordable options onto the market. In fact, Bernard Hickin, Chief Winemaker at **Jacob's Creek**, is particularly passionate about creating excellent sparkling varieties that are approachable and great for social occasions.

A great example of his work is **Jacob's Creek** Chardonnay Pinot Noir Sparkling, with generous citrus flavours and a creamy nutty yeast character that combines into a soft, crisp and clean finish. In Canada the bottle retails between $14 and $16.

The price makes this sparkling affordable — although it certainly tastes like an extravagance — and a great option for entertaining.

Sparkling wine is often served with appetizers because its acidity is refreshing between bites of rich foods (think shrimp, cream cheese canapés, nuts and smoked salmon). The same principle can apply to main courses, especially those with fish or creamy sauces. If you're going potluck, a sparkling wine is good to have on hand if you're unsure what your guests will bring.

If a movie night for friends is more your speed, pair popcorn and plain potato chips with a dry sparkling wine. It will be a wonderful surprise when they realize just how well the refreshing acidity cuts through the butter or oil in the snacks.

Whether serving appetizers or a full dinner, the key is to play with your wine and food pairings to discover what works best for your taste. The general rule of thumb is that you want to combine like with like (lighter foods with lighter wines, richer foods with fuller-bodied wines), but sometimes opposites can attract. The versatile **Jacob's Creek** Chardonnay Pinot Noir Sparkling is great for experimenting and is sure to have a wonderful wow factor.

Besides, what guest wouldn't feel special watching you pop the cork on a bottle of bubbly? It will certainly deliver the impression you're looking for without breaking the bank.

More suggested pairings for **Jacob's Creek** Chardonnay Pinot Noir Sparkling:

Excellent at brunch with egg dishes and croissants.

A good match for appetizers like mini quiches, phyllo bundles or puff pastry bites.

Karolina Kurkova is the proud mother of a boy

Supermodel and G.I. Joe actress Karolina Kurkova, 25, and film producer of Voices of Iraq, Archie Drury, welcomed a son Thursday in New York, her rep confirms to PEOPLE. "Both mother and baby are happy and healthy." PEOPLE.COM

Entertainment

Baby for Mel

Mel Gibson is officially a father again. Radar Online reports that the actor's girlfriend, Oksana Grigorieva, has given birth to the couple's first child, a girl. The baby wasn't due until December. METRO NEWS SERVICE

EDITOR: DEAN.LISK@METRONEWS.CA

DVD picks

The Taking of Pelham 123

Director: Tony Scott

AGAINST ALL ODDS and better advice, Tony Scott directs Denzel Washington and John Travolta in a remake of the kidnap classic. And he improves on it.

Pelham '09 finds its groove in the here and now, just as the original Pelham did in 1974, with more complications and fewer laughs.

The taut script by Brian Helgeland realistically adds fears of terrorism to the mix and shades characters so that both Washington's good guy Garber and Travolta's bad guy Ryder have intriguing back stories, plausibly connecting them as kindred spirits in desperation. The updated screenplay still finds time to explain the title's "123" reference, which is the 1:23 p.m. hour the downtown train begins its journey beneath Manhattan.

G.I. Joe: The Rise of Cobra

Director: Stephen Sommers

IF NOTHING ELSE, this exercise in ballistic bathos sets to rest the theory about chimps with typewriters being able to produce Shakespeare if given enough time and bananas. They couldn't do the Bard, but they evidently penned G.I. Joe.

Neither the clumsy good guys led by Dennis Quaid — "the Joes" — nor the clownish bad guys adorned by Sienna Miller seem to have a clue as to what they're doing, apart from blowing up as many objects and people as possible. The direction is credited to genre hack Stephen Sommers (The Mummy). This is little more than an endless series of computer-rendered explosions, collisions and incisions, with no discernable effort expended on directing or acting.

Peter Howell/for Metro Canada

New musical detour

Home Routes helps fans stage concerts in their living rooms

GEORGIE BINKS
for Metro Toronto

When Ron Myhr invites his buddies to his Pickering, Ont., home for a night of folk music, they can always count on first rate entertainment.

Performers like Juno award-winner Cara Luft or Canadian Folk Music Awards' contemporary vocalist of the year Tannis Slimmon are just two musicians who have wowed Myhr's home audience over the past few years. (The lineup of musicians also includes veterans like Valdy and David Bradstreet.)

It's not that Myhr has the inside track on Canadian musical talent — or maybe he does. The concerts at Myhr's house are arranged by Home Routes, the brainstorm of Winnipeg musical promoter Mitch Podolak. Designed to bring folk music to the people, they've taken off in the Western provinces faster than a prairie grass fire and they're spreading eastward just as quickly.

Tim Osmond, Home Routes operation manager explains, "Usually when folk artists tour venues are very far apart. As well, there are only so many venues." Home Routes has 10 different circuits across the country with names like Cherry Bomb circuit in B.C. and the Estelle Klein circuit in Ontario. Each circuit has about seven host homes with a one- to three-hour drive distance between them.

Juno-winner Cara Luft is just one of the musicians who has performed in people's homes as part of the Home Routes initiative

All that prospective hosts need is a room that will fit at least 30 people as well as a place to put up the musician for the night and provide dinner and breakfast.

Musicians like Jay Aymar love it. "We can talk to the audience — kids can get up and sing and dance. There aren't distractions either — like a bartender powering up the blender for margaritas."

That's right — no ticket processing fees or lengthy drives to an impersonal venue. There are also no roadies or sound checks.

"For the artists it's fantastic. We can get our music out to the people in a nice, intimate setting." Jay Aymer

Musicians might bring an amplifier and their guitar but that's it. Myhr's neighbours simply slap down their $15 and get ready to enjoy. Musicians usually play two 45-minute sessions and then sell their CDs after. Osmond estimates the annual salary of a folk musician is $10,000 and he says these concerts often account for half a year's salary.

Aymar believes these are the future of music. "Music is coming back to the people. With file swapping on the Internet and record companies collapsing, it's all about live music. For the artists it's fantastic. We can get our music out to the people in a nice, intimate setting."

Tour details

- Contact Homeroutes at homeroutes.ca or 1-866-925-6889 ext 207

THE SHP FIREPLACE WAREHOUSE

Come visit our showroom and ask about our fall sale prices!

Distributors of: Savannah Heating Products Ltd. | Big Green Egg | Monessen | Lexington Forge

#105 - 11091 Bridgeport Road, Richmond, 604-231-8923
www.thefireplacewarehouse.ca • Mon. to Fri. 9 a.m. - 5 p.m., Sat. 10 a.m. - 4 p.m.

Mr. Pickwick's

2pc Cod & Chips with Tartar Sauce $6.98*

World Famous Fish & Chips
604-266-2340 • 8620 Granville Street, Vancouver
Open Daily 11am to 9 pm • www.mrpickwicks.bc.ca
*Must present coupon for offer. Available at the Granville location only.

Grow Your Hair

- Revita High Performance Hair Growth Stimulating Shampoo
- Improves scalp vitality & acts on follicle dysfunction
- Uses pure, active ingredients including Caffeine, Apple Seed Extract and Spin Traps
- SLS Free

masc
604.688.4555
433 davie street
shopmasc.com

Tell-all author eyes Brangelina

BOOKS A tell-all author who chronicled Michael Jackson's last days has set his sights on celebrity power couple Brad Pitt and Angelina Jolie in a new book out just in time for Christmas.

Transit Publishing, which is releasing Brangelina on Dec. 1, says author Ian Halperin went undercover at "great personal risk" to tell the behind-the-scenes story of Pitt and Jolie. The publishers say the book tells the story behind Pitt's breakup with actress Jennifer Aniston and Jolie's volatile life.

They promise the real story behind Jolie's metamorphosis into one of Hollywood's most influential philanthropists and United Nations goodwill ambassador. THE CANADIAN PRESS

Major discount on Whitney home

For Whitney Houston, the greatest love of all may be a great deal on a piece of New Jersey real estate. The singer is putting up her $5.6 million US home up for sale for a steal of a price – less than half of its assessed value. PEOPLE.COM

MTV joins Berlin party

This time it's Berlin calling.

The MTV European Music Awards (EMAs) are coming to the German capital with an international cast, featuring performances by U2, the Foo Fighters, Shakira and Leona Lewis.

Berlin is the only city to host the awards show twice, in 1994 and on Thursday — a decision MTV said it made to celebrate the 20th anniversary of the fall of the Berlin Wall on Monday, Nov. 9.

"This year's EMAs is unique in having the theme of unity in addition to what we normally do — celebrating and playing the music," MTV International's CEO Bill Roedy told The Associated Press in an interview.

Legendary Irish band U2 will play a short set in front of the Brandenburg Gate before the awards show is held at the O2 World stadium. Tickets to U2's performance were given away free online and were snapped up within hours.

GETTY IMAGES

U2, featuring Bono, will be among the performers at Thursday's MTV European Music Awards in Berlin.

The 2009 MTV European Music Awards streams live Thursday on mtvema.ca at 3 p.m. and airs later on MuchMusic

U2's concert is not only a historical nod to the significance to the Brandenburg Gate — which lies on the line that formerly divided East and West Berlin — but also a reflection of the band's history. Their seventh album, Achtung Baby was recorded in Berlin in 1990 and their single One was inspired by the fall of the wall and written on the eve of German reunification.

The EMAs feature 13 award categories with nominees from Europe, North and South America. Traditionally, many awards go to American artists who are also popular in Europe.

Last year's EMAs were held in Liverpool, with Americans Britney Spears, Kanye West and Pink all taking home awards. There is also a Best European Band that went last year to Turkey's Emre Adym.

Music from the Western world was embraced by youth in East Germany before and after the fall of the wall.

"Everything that looked like a lively and vivacious culture was loved by East German youth because they felt a great yearning," Frithjof Hager, a sociologist at the Free University in Berlin, told the AP.

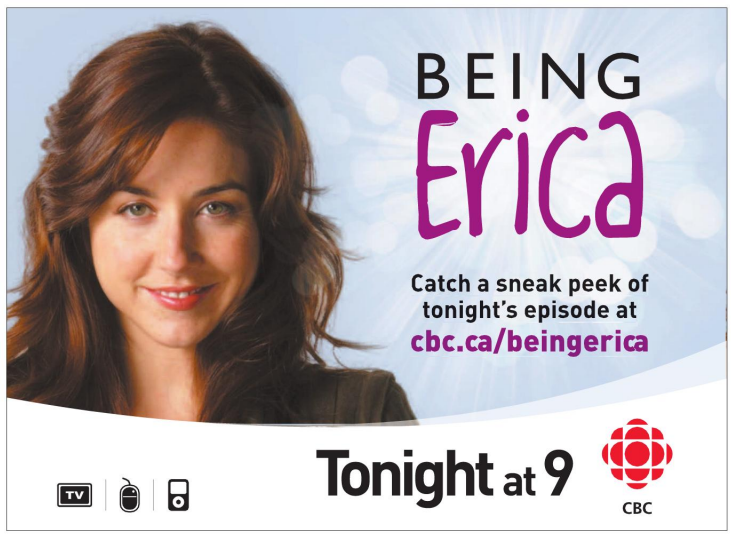
THE ASSOCIATED PRESS

Obama campaign documentary airing on HBO

TV Pivotal presidential campaigns are frequently defined in retrospect by documentaries. The War Room chronicled Bill Clinton's political operation in 1992, adding a phrase to the political lexicon in the process. The makers of By the People: The Election of Barack Obama, which premieres today on HBO, wouldn't mind the same status. "That was our hope — that we would create something for history," says filmmaker Alicia Sams.

THE ASSOCIATED PRESS

mogo
borrow up to $1500 instantly for free!
mogomoney.com » absolutely no strings attached and no hidden fees
new to mogo? Apply now & get your first Zip Money loan FREE! Promo Code: METRO 1



In brief

BOOKS The pre-release hype for Canadian author Yann Martel's new novel suggests readers may find the book "truly unexpected and shocking." U.K. publisher Canongate told Bookseller.com that the novel, Beatrice and Virgil, is set for publication next June and will be released by Knopf Canada. Martel told The Canadian Press last month that the novel is a Holocaust tale told through animals.

TV Prime-time newcomer Jay Leno says he would have rather stayed put at The Tonight Show — and if NBC offered him that job again, he'd take it. In an interview with Broadcasting&Cable magazine published online Monday, Leno hastily added that such a decision isn't his to make. The Jay Leno Show, which began on NBC in September, has taken a lot of heat within the TV industry as well as from critics.

METRO NEWS SERVICES

Kenya's Style
Kenya Hunt
Exclusively at metronews.ca/globalstyle

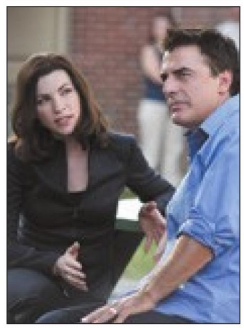
For complete online movie listings, trailers, reviews and tickets, visit: metronews.ca/movies

	Vu	SC	C	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
primetime 11/3/09	251	308	3 CBC	Wheel-Fortune	Jeopardy! (N)	Rick Mercer	22 Minutes (N)	Being Erica (N) (CC) (DVS)		CBC News: The National (N)		(:05) The Hour
	254	-	8 OMNI	Two/Half Men	Two/Half Men	Omni News: Mandarin Edition		News: Cantonese Edition		Omni News: Punjabi Edition		The Simpsons
	250	321	9 CTV	etalk (CC)	Hollywood	V "Pilot" (Series Premiere) (N)		Dancing With the Stars (CC)		Law & Order: SVU		CTV News
	-	-	10 JOY	Frasier (CC)	The Insider	Islam 101 (CC)		Enigma (CC)		Perspectives	Ek Noor	New Day
	252	336	11 GTV	Entertainment	ET Canada	NCIS "Outlaws and In-Laws"		NCIS: Los Angeles (N) (CC)		The Good Wife "Conjugal" (N)		News
	256	389	12 VI	Degrassi: TNG	TMZ (N) (CC)	V "Pilot" (Series Premiere) (N)		Dancing With the Stars (CC)		Wife Swap (CC)		A News (N)
	253	359	13 CITY	The Office	The Office	The Biggest Loser (N) (CC)				The Jay Leno Show (N) (CC)		The CityNews
	-	-	14 CW	The Office	The Office	90210 "Women's Intuition" (N)		Melrose Place "Gower" (N)		Seinfeld	Seinfeld	Frasier (CC)
	289	381	15 CBS	Entertainment	The Insider	NCIS "Outlaws and In-Laws"		NCIS: Los Angeles (N) (CC)		The Good Wife "Conjugal" (N)		KIRO 7 News
	287	379	16 NBC	Evening Mag.	Inside Edition	The Biggest Loser (N) (CC)				The Jay Leno Show (N) (CC)		KING 5 News
	602	568	19 W	Old Christine	Friends (CC)	Friends (CC)	Grocery Bag	Style by Jury	Style by Jury	How to Look Good Naked (N)		Younger
	288	380	21 ABC	Wheel-Fortune	Jeopardy! (N)	V "Pilot" (Series Premiere) (N)		Dancing With the Stars (CC)		(:01) the forgotten (N) (CC)		KOMO 4 News
	-	-	23 KVOS	M*A*S*H	Seinfeld	The Fourth Angel ★★ (2001) Jeremy Irons, Forest Whitaker.				Seinfeld	King	Cheers (CC)
	291	383	27 PBS	Life (Part 2)	Steves Europe	Nova (N) (CC) (DVS)		Frontline (CC) (DVS)		Independent Lens (N) (CC)		Independent
	290	382	28 FOX	Two/Half Men	Two/Half Men	So You Think You Can Dance (N) (CC)				Q13 FOX News at Ten (N)		Family Guy
	-	364	43 PBS	Frontline (CC) (DVS)		Being Served	Keeping Up	Tavis Smiley	Charlie Rose (N) (CC)		Nova (CC) (DVS)	
	296	654	34 SBK	The Office	Name Is Earl	Frasier (CC)	'70s Show	South Park	Half & Half	Paid Program	Hatchett	Cricut Exp.
	298	653	35 TLA	Two/Half Men	Two/Half Men	90210 "Women's Intuition" (N)		Melrose Place "Gower" (N)		KTLA Prime News (N) (CC)		Friends (CC)
	295	651	36 WGN	WGN News at Nine (N) (CC)		Family Guy	Two/Half Men	According-Jim	Friends (CC)	Friends (CC)	Maury (CC)	
	297	652	37 WPX	PIX News at Ten Tong. (N)		Two/Half Men	Friends (CC)	Friends (CC)	According-Jim	Family Guy	South Park	Scrubs (CC)
	199	311	76 STR	CTV News	NTV Latenight News		Late Show-Letterman		Late Late Show		Inside Edition	Seinfeld
news	502	390	23 NW	CBC News: the fifth estate		CBC News: The National (N)		CBC News: The National (N)		CBC News: the fifth estate		National
	500	500	53 CNN	Anderson Cooper 360 (CC)				Larry King Live		Anderson Cooper 360 (CC)		Cooper 360
sports	407	419	22 RSP	Best Damn Sports Show		Hockey	MMA Conn	The Ultimate Fighter		Sportsnet Connected		UEFA Soccer
	400	400	30 TSN	NHL Hockey New York Rangers at Vancouver Canucks. (Live) (CC)					SportsCentre	This Great Land-Torch		SportsCentre
	411	457	43 OLN	Ghost Hunters International		Dog the Bounty Hunter (CC)		Survivorman (CC)		Ghost Hunters International		Bounty Hunter
	410	403	54 SCR	(5:00) Court Surfing		Score Now		Score Now		Score Now		Final Score
	417	406	55 SC	Jacked!	Jacked!	Pass Time	Pass Time	Monster Jam		Super Bikes!	Super Bikes!	Jacked!
	416	409	144 GLF	Fútbol Uruguayo		MLS Weekly	Gol TV News	Toronto-Today	MLS Weekly	Paid Program	Gol TV News	Gol TV News
family	552	543	25 YTV	Drake & Josh	To Be Indie	Malcolm-Mid.	Hates Chris	8 Rules	What I Like	Family Biz	Prank Patrol	Adrenaline
	555	545	50 TEL	Scooby-Doo	Total Drama	Total Drama	6TEEN	Futurama	King of Hill	American Dad	Futurama	Chicken
	557	541	51 FAM	Sonny Chance	Zack & Cody	Overruled!	Han. Montana	Wizards-Place	Latest Buzz	Ned's School	Cory in House	That's-Raven
	553	546	53 TRE	Babar (CC)	Zigby	Max & Ruby	Dragon	Backyard	Ni Hao	Go, Diego, Go!	Franklin	Comfy Couch
cable variety	268	354	5 KNO	Frontiers of Construction		Britain From Above (N) (CC)		Sugartown: The Bridegrooms		A Promise To The Dead		Diamond
	575	583	20 CMT	Home Imp.	Home Imp.	Wilsons	Wilsons	Reba (CC)	Reba (CC)	According-Jim	According-Jim	Home Imp.
	570	580	24 MM	MuchNews	My Date	One Tree Hill (CC)		Starmaker		MuchNews	Love Court	Spotlight
	600	564	29 H&G	House	House	Holmes on Homes (CC)		HGTV's Top	Design Inc.	Pure Design	Genevieve	House
	615	520	31 A&E	Parking Wars	Parking Wars	Parking Wars	Parking Wars	(:01) The First 48 (CC)		Parking Wars	Parking Wars	Parking Wars
	628	584	32 SPKE	UFC Unleashed (CC)		Surviving Disaster (N)		DEA		CSI: Crime Scene Invstgtn.		Trek: Voyager
	521	560	34 TLC	Little Couple	Little Couple	20 Years, 20 Duggars		18 Kids-Count	18 Kids-Count	Little Couple	Little Couple	Kate: Story
	616	522	40 SHO	The Outer Limits (CC)		Storm Cell (2008, Drama) Mimi Rogers, Elyse Levesque. (CC)				Bones (CC)		NCIS (CC)
	620	523	40 BVO	Straight	McLauchlan	Law & Order "Forgiveness"		Without a Trace "Tail Spin"		The Color of Paradise ★★★ (1999) (CC)		
	601	562	41 SLC	Bulging Brides	Bulging Brides	ET Canada	What	The Biggest Loser (CC)		Date My Ex: Jo & Slade		Trading Sp
	520	505	42 DIS	Time Warp Medieval catapult.		Daily Planet (CC)		Destroyed	Destroyed	Time Warp Medieval catapult.		How It's Made
	522	506	44 HIS	Ancient Discoveries (CC)		Cities of the Underworld		Cities of the Underworld		Ultimate Engineering (CC)		Crime Stories
	627	528	45 SPC	Medium "Bite Me" (N) (CC)		Star Trek "Charlie X" (CC)		Stargate SG-1 (CC)		Star Trek: Next Gener.		Trek: Voyager
	294	650	47 TBS	The Office	The Office	Seinfeld	Seinfeld	Sex and-City	Cheech & Chong: Roasted		American Pie 2 ★★ (2001)	
	619	525	48 TROP	'70s Show	'70s Show	The Outer Limits (CC)		ET Canada	Switch (N)	Family Guy	'70s Show	'70s Show
	603	561	52 FN	Good Eats	Good Eats	Iron Chef America (CC)		Unwrapped	Unwrapped	The F Word (CC)		Good Eats
	-	-	53 AMC	(5:00) Batman ★★★ (1989)		Batman Returns ★★ (1992, Action) Michael Keaton, Danny DeVito. Premiere.						Mad Men
	626	547	57 COM	Air Farce	22 Minutes	Corner Gas	Name Is Earl	The Simpsons	South Park	Jeff Dunham	Blue Collar TV	Daily Show
	320	621	60 CEN	(6:20) Run Fat Boy Run ★★		The Building (2009) Adrian Holmes. Premiere.			(:35) Outpost (2008) Ray Stevenson. (CC)			Eden Lake
	581	566	101 MTV	The Hills (N)	After	MTV Live	Sex News	The City	The City	The Hills	After	MTV Live
	261	394	102 V	Unscripted (N)	I Prophesy	Poltergeist: The Legacy		The Black Stallion ★★★ (1979, Adventure) Kelly Reno, Mickey Rooney. (CC)				
	-	-	109 MUL	Sewing Maid	Boys Over Flo	Il Caffe		In Germany	Euromaxx	Schauplatz	Euro. Journal	Patrol World

critics'corner

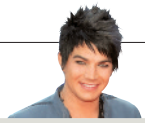
The Good Wife

She's only after him for his body ... of knowledge. Alicia (Julianna Margulies) is working with Will (Josh Charles) on the appeal of a death-row inmate who was convicted on Peter's (Chris Noth) watch. To get some needed information on the case, she agrees to a conjugal visit with her imprisoned hubby. Christine Baranski and Archie Panjabi also star in the new episode "Conjugal." 10 PM on CBS GTV



V

In this reimagining of a hit 1980s miniseries, life on Earth undergoes a seismic kick in the pants when a bunch of charismatic extraterrestrials led by the beautiful Anna (Morena Baccarin, "Firefly") captivates most of the population, but FBI counterterrorism agent Erica Evans (Elizabeth Mitchell, "Lost") quickly comes to suspect the aliens have a far more sinister agenda. Scott Wolf also stars. 8 PM on CTV ABC VI



Lambert and LaBry are over
Adam Lambert and Drake LaBry are over. A source confirms to usmagazine.com that the American Idol runner-up, 27, and the interior designer, 24, have ended their relationship. METRO NEWS SERVICES

Celebrity Buzz

Jessica slams Melrose after sister's firing

BAD MOUTHING Looking to defend her recently fired little sister Ashlee, Jessica Simpson unleashed the fury on Melrose Place, calling her sister's ex-show "crap" on Twitter, popeater.com reports.

Jessica — who just two days before Ashlee's firing wrote "Everyone watch my sis on melrose place tonight" — now rips into the show following Ashlee's dismissal. "CW catching up on MP. who writes this crap? i have had bad scripts to work with, but this? thank God my sister is amazing and got you some press," Jessica Tweeted.

Ashlee was fired along with Melrose' co-star Colin Egglesfield last month. Show producer Todd Slavin told EW's Michael Ausiello that "the tone of the show was going to shift into a much more fun, romantic, sexy upbeat kind of show," and that Simpson's character didn't fit into those plans anymore.

Us Weekly, citing a set insider, claims that The CW "hired her (Ashlee) because they needed a good name to help create buzz."

METRO NEWS SERVICES

Lohan insults dad

BAD PARENTING? Lindsay Lohan has taken to Twitter to slam her dad Michael, following reports that he is seeking conservatorship over her, and that he's offered an entertainment TV show tape-recorded conversations between himself and his ex-wife, Dina, in which they discuss their daughter's well-being, people.com reports.

"My father is a lunatic & doesn't even deserve such a title since he's never been around in my life other than when he'd threaten me & my family," Tweeted Lindsay, who just finished shooting the thriller Machete opposite Robert DeNiro.

"He should be where he has always put himself after verbally abusing and physically abusing people all my life-behind bars."

Lindsay, 23, also wrote that her sister Ali, 15, is also concerned about their father's behaviour. "It's so sad to get a phone call from my baby sister just now asking, 'Why is daddy doing this?' Through tears. He's crossed the lines & hurt me & my family 4 the last time."

Dina Lohan also isn't thrilled with the way her ex-husband has been shooting his mouth off to any TV host that will listen about how he thinks their daughter Lindsay Lohan needs an intervention.

"He is hurting Lindsay. It breaks my heart. She's like, 'Mommy, when is he ever going to stop?'" Dina tells Page Six.

METRO WORLD NEWS

Celebrity tweets

Perez Hilton has a new-found respect for women after dressing up for Halloween, John McCain is the best source for football scores and analysis and Ellen DeGeneres had a bit too much fun it seems.

• @PerezHilton
My feet are sooo wrecked today! I don't know how women walk around for hours in super high heels that are also crazy tight and pointy! Ouch!

• @SenJohnMcCain
Cardinals lose at home to the Panthers — big setback, but there is always next Sunday.

• @TheEllenShow
Bobbing for apple-flavored vodka is a perfectly acceptable Halloween party game, right?

METRO NEWS SERVICES

Dating Perry has changed Brand

TURNING OVER NEW LEAF
Dating Katy Perry seems to be causing Russell Brand to turn over a new leaf. The rambunctious comedian tells Britain's Sunday Times that he's a changed man.

"Katy's lovely. I am living in a different way at the moment," he tells the newspaper. "Regardless of what happens in my current situation, I am unlikely to be satisfied with calamitous promiscuity of the preceding five or six years."

METRO WORLD NEWS

Law contemplates visiting new daughter

FATHER OF FOUR Jude Law is "torn" between his new daughter and his other three children, female-first.co.uk reports.

The 36-year-old actor is said to be keen to meet his five week old daughter, Sophia, with model Samantha Burke — the result of a brief relationship last Christmas — but wants to be sure his three other children are comfortable with the situation first.

Jude had originally said he wanted nothing further to do with Samantha, but vowed to support her and the baby financially.

A source said: "He felt it would be easiest to just pay Samantha and hope that she moved on and left him alone.

"But now he is feeling very torn. He is on the brink of going to see Sophia but first of all, he wants to make sure his older kids feel totally secure."

METRO NEWS SERVICES

Elton cancels concerts due to bacteria infection

HOSPITAL WATCH Elton John is seriously ill in hospital, femalefirst.co.uk reports. The legendary British singer has been forced to cancel a string of concerts after he was diagnosed with an E. coli bacterial infection and influenza.

Elton, 62, has been ill for two weeks, but his condition worsened and he was taken into an elite London hospital on Friday for tests. His partner, David Furnish, is understood to have spent Sunday at his bedside.

As he left the hospital he said of John's condition: "He's OK, he's fine." On doctor's advice the singer has, however, postponed U.S. dates in Seattle and Portland, which he was due to perform with Billy Joel over the next two weeks.

METRO NEWS SERVICES

Cage sues his business manager

FINANCIAL RUIN? Nicolas Cage knows who to blame for his recent problems with the IRS. The actor is suing his longtime business manager, Samuel J. Levin, claiming that Levin "lined his pockets with several million dollars in business management fees while sending Cage down a path toward financial ruin," according to People magazine. Levin began working with the actor in 2001.

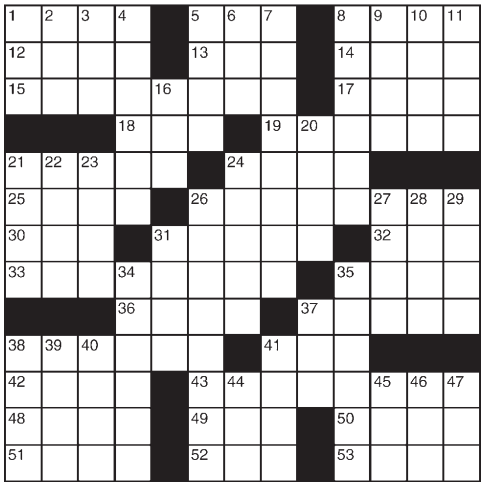
METRO WORLD NEWS

*½ price means approximately half of the combined price of one regular adult admission, one regular-sized fountain soft drink and one regular-sized standard popcorn. Prices may vary by market or by Cineplex theatre. The ½ Price Movie Combo is subject to applicable taxes. For conditions and restrictions, please visit Cineplex.com. TELUS and the TELUS logo are trademarks of TELUS Corporation, used under licence. Cineplex Entertainment LP, used under license. © 2009 TELUS.

The Weather Network ©The Weather Network 2009
Today Partly cloudy 11°/ 4°
Wednesday Partly cloudy 10° / 8°
Thursday Rain 90% 13°/ 6°
TAKE THE WEATHER WITH YOU visit mobile.theweathernetwork.com

For more delicious Metro recipes, visit: **metronews.ca/food**

Take Five



Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

8	1				5	9		
2			4	3				8
					9	4		
		1		5				9
	2						7	
3				6		2		
		5	8					
7				4	3			1
		9	6				8	3

ACROSS

1 Vicinity
5 Singer Tillis
8 Chromosome carrier
12 Griffin of TV lore
13 Eggs
14 Enthusiastic
15 Nobody you know
17 TV journalist Lisa
18 Additionally
19 Ship's kitchen
21 Dieter's entree
24 Shakespeare villain
25 Port structure
26 Hard up for cash
30 Literary collection
31 Sinful habits
32 Prior to
33 Good poker hand
35 Decline
36 Sore
37 Hell's Angel, e.g.
38 Ghost
41 Marshy terrain
42 Fuss
43 Pertaining to summer theater
48 Soon, in verse
49 Historic period
50 Top-notch
51 Solidifies
52 Storm center
53 Apportion

DOWN

1 Early hrs.
2 On pension (Abbr.)
3 Mess up
4 Icon in an Internet forum
5 Walt Kelly's possum
6 "Hail!"
7 Thorn in Dennis the Menace's side
8 Fast run
9 Maleficence
10 Baseball team
11 Nervous
16 Affirmative action?
20 Turkish officials
21 Masseuses' workplaces
22 "— She Sweet?"
23 Nonsense poet Edward
24 Pruritic
26 Go touring, maybe
27 Pinnacle
28 Sea eagle
29 Antelope's playmate
31 End of a Caesar quote
34 — rod (medicinal plant)
35 Native American hut
37 Squeezing snake
38 Male 29-Down
39 Corn recipe
40 "American —"
41 Highland hillside
44 Attempt
45 Weeding tool
46 Pismire
47 Ball-bearing item?

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

3	9	5	4	6	8	7	1	2
8	6	1	7	2	9	3	5	4
4	2	7	1	3	5	9	8	6
9	5	2	8	4	7	6	3	1
7	3	4	6	9	1	5	2	8
1	8	6	3	5	2	4	9	7
2	4	3	9	8	6	1	7	5
5	1	9	2	7	4	8	6	3
6	7	8	5	1	3	2	4	9

On the web

For more games and 60 additional daily cartoon strips, visit metronews.ca

Metro Recipe of the Day

Lobster Newburg

INGREDIENTS:
3 cups (750 mL) cooked lobster meat, canned flaked lobster meat or imitation lobster chunks
3 tbsp (45 mL) butter
1/4 tsp (1 mL) paprika
3 cups (750 mL) whipping cream
1/2 tsp (2 mL) Worcestershire sauce
3 egg yolks, lightly beaten
1 tbsp (15 mL) sherry
1/4 tsp (1 mL) salt
1/3 cup (75 mL) crushed crackers (about 8 crackers)

METHOD:
1. In large skillet, sauté lobster in butter and paprika 3-4 minutes; set aside. In large pot, bring cream and Worcestershire sauce to gentle boil. Meanwhile, in bowl, combine egg yolks, sherry and salt.
2. Remove cream from heat; stir small amount into egg yolk mixture. Return all to pot, stirring constantly. Bring to gentle boil; cook and stir 5-7 minutes or until slightly thickened. Stir in lobster.
3. Divide lobster mixture between four 10-oz. (300 mL) baking dishes. Sprinkle with cracker crumbs. Broil 6 in. (15 cm) from heat 2-3 minutes or until golden brown.

SERVES 4

rd.ca
For nutritional information on this and other great recipes, go to rd.ca or check out **Key Ingredients in this month's Reader's Digest, on newsstands now!**

Horoscopes by Sally Brompton sallybrompton.com

For Sally's expanded daily and weekend horoscopes, visit metronews.ca

ARIES ♈
MARCH 21-APRIL 20
Someone you work or do business with is not being as honest as you have a right to expect and that fact will become obvious today.

TAURUS ♉
APRIL 21-MAY 21
An individual whose point of view is radically different to your own will say something you feel you have to respond to.

GEMINI ♊
MAY 22-JUNE 21
Changing the habits of a lifetime is never easy but if you put your mind to it today you can change something about yourself.

CANCER ♋
JUNE 22-JULY 22
You are unlikely to see the obstacle that is in your path today, but a friend or relative will helpfully point out it's existence and location.

LEO ♌
JULY 23-AUG 23
You won't hesitate to tell others how things should be done today, but anyone who tries to tell you will soon wish they had kept their mouth shut.

VIRGO ♍
AUG 24-SEPT 22
You may find it hard to believe what someone tells you but don't reject it because there is more than a strand of truth in what they say.

LIBRA ♎
SEPT 23-OCT 23
Information will come your way that enables you to get the better of a rival and you must not hesitate to use it.

SCORPIO ♏
OCT 24-NOV 22
Important people will be either mightily impressed or mightily annoyed by what you have to say today.

SAGITTARIUS ♐
NOV 23-DEC 21
You may be behind in your workload but you will only catch up if you start the day at a slow and measured pace and think carefully.

CAPRICORN ♑
DEC 22-JAN 20
You may want to push ahead with a project that is close to your heart but some of your colleagues are having doubts and you must deal with them.

AQUARIUS ♒
JAN 21-FEB 18
Anyone who thinks you are not ambitious will have to think again today as you elbow your way to the head of the queue.

PISCES ♓
FEB 19-MARCH 20
If you ask the right questions today you will get answers that comfort you and clarify your present situation.

EURO CHARM
Skincare and Body Clinic
20% off for all Laser Services
We carry Dr. Spiller skincare products and Life Extension supplements
Where wellnes meets beauty
• Cellulite and slimming treatments • Botox and fillers • Non-surgical face and body lifting • Hydrotherapy • Gym facilities with ProElliox • Aqua massage and oxygen bar • Laser hair removal • Skin rejuvenation • Cellulite reduction • Psoriasis treatments • Chemical peels & microdermabrasion • All traditional day spa services available as well
15% off Day Spa Services
795 /unit Botox Valid until November 15, 2009
604.568.2575 • www.eurocharm.ca
3401 East Hastings Street, Vancouver • eurocharm@shaw.ca
ONE BLOCK EAST OF PNE • FREE PARKING

This day in history

1793: French playwright, journalist and feminist Olympe de Gouges is guillotined.
1817: The Bank of Montreal, Canada's oldest chartered bank, opens in Montreal.
1911: Chevrolet officially enters the automobile market in competition with the Ford Model T.
1913: The United States introduces an income tax.
1918: Poland declares its independence from Russia.
1973: Mariner program: NASA launches the Mariner 10 toward Mercury. On March 29, 1974, it becomes the first space probe to reach that planet.

METRO NEWS SERVICES

FLIGHT CENTRE Unbeatable
Cancun 7 Nights 4-Star from $497 + taxes & fees $264
Punta Cana 7 Nights 4-Star from $597 + taxes & fees $312
1 866 519 5111 | flightcentre.ca
Conditions apply. Ex: Vancouver. Package price is per person, based on double occupancy. Prices are subject to availability at advertising deadline and are for select departure dates. Prices are accurate at time of publication, errors and omissions excepted, but are subject to change. Taxes & fees include transportation related fees, GST and fuel supplements and are approximate and subject to change. BC REG: #H02790

AIR CANADA VACATIONS

GREAT deals starting at $999

+Taxes & other fees (including service charges): $266

Los Cabos
Barceló Los Cabos Palace Deluxe • 5★
All-Inclusive • Junior suite
Jan. 10 – 31 • 1 wk.
$999
+Taxes & other fees (including service charges): $266

Cancun / Riviera Maya
Gran Bahia Principe Tulum • 5★
All-Inclusive • Standard rm.
Jan. 30 • 1 wk.
$1369
+Taxes & other fees (including service charges): $244

Varadero
Sirenis La Salina Varadero • 4★
All-Inclusive • Standard rm.
Dec. 25 • 1 wk.
$1549
+Taxes & other fees (including service charges): $212

Puerto Vallarta
Vallarta Palace • 4 1/2★
All-Inclusive
Superior deluxe rm.
Nov. 14 – Dec. 12 • 1 wk.
$1369
+Taxes & other fees (including service charges): $265

Jamaica
Sunset Jamaica Grande Resort & Spa • 4★
All-Inclusive • Standard rm.
Dec. 25 • 1 wk.
UPGRADE to Executive Class® for only $99
$1399
+Taxes & other fees (including service charges): $264

Punta Cana via Calgary
Gran Bahia Principe Punta Cana • 5★
All-Inclusive • Junior suite
Dec. 22 & 29 • 1 wk.
$2199
+Taxes & other fees (including service charges): $301

2 tickets* to Cirque du Soleil®
Disney's THE LION KING and more with MGM Mirage resorts in Vegas

Valid for bookings made by Nov. 16 for travel from Nov. 22, 2009 and completed by Feb. 4, 2010.

Las Vegas
Monte Carlo Resort & Casino • 4★
Hotel rm.
Jan. 11, 12, 19, 25 & 26 • 3 nts.
$449
+Taxes & other fees (including service charges): $138

MGM Grand Hotel & Casino • 4 1/2★
Hotel rm. – Grand Tower
Jan. 11, 12 & 26 • 3 nts.
$459
+Taxes & other fees (including service charges): $138

DEAL to EUROPE

London
Royal National Hotel London • 3★
Breakfast • Standard rm.
Jan. 19 & 21 • 4 nts.
$797
+Taxes & other fees (including service charges): $473

DEAL on CRUISES

Royal Caribbean International[1]
Radiance of the Seas®
Mexican Riviera Cruise
Flights to San Diego
Interior stateroom, cat. N
Dec. 21 • 12 nts.
$2259
+Taxes & other fees (including service charges): $232

PRINCESS RESORTS

Cancun / Riviera Maya
Grand Riviera Princess All Suites Resort & Spa • 4 1/2★
All-Inclusive • Junior suite
Jan. 30 • 1 wk.
$1729
+Taxes & other fees (including service charges): $244

Punta Cana via Calgary
Bavaró Princess All Suites Resort, Spa & Casino • 4 1/2★
All-Inclusive • Suite
Dec. 22 • 1 wk.
$1939
+Taxes & other fees (including service charges): $302

Bavaró Princess All Suites Resort, Spa & Casino

CONNECT FREE[2] Cranbrook • Castlegar • Kamloops • Kelowna • Nanaimo • Penticton • Victoria

Fly in style – Upgrade to Executive Class® service[3]

aeroplan
Earn up to 9,400 Aeroplan® Miles per member†

Princess HOTELS & RESORTS

aircanadavacations.com
Call 1 866 529-2079 or your travel agent

Departure taxes are extra and must be paid locally: Costa Rica, 26 USD cash; Cuba, 25 CUC cash. Prices in this ad are in Canadian dollars and are valid for bookings made between Nov. 3 & 7/09, inclusive, unless otherwise stated. Prices are per person based on double occupancy, unless otherwise stated, from Vancouver International Airport. Air & Hotel packages to the Caribbean, Cuba, Costa Rica and Mexico include return flight, the hotel as described and transfers at destination. Air & Cruise packages include return flight and the cruise as described. Packages to Europe and the USA include return flight and hotel as described. New bookings only. Subject to availability. Not applicable to group bookings. Sale prices reflect applicable reductions, are subject to change without notice and cannot be combined with any other offer or promotion. Flights operated by Air Canada. For applicable terms and conditions, consult the Air Canada Vacations brochures or www.aircanadavacations.com. BC registration #32229. †Aeroplan Miles are not actual miles, but points towards rewards including travel rewards. Unless otherwise indicated, Aeroplan Miles indicated are based on roundtrip Economy class per passenger from Vancouver to London, are awarded on flight-inclusive travel only, and are per Aeroplan member. For the amount of Aeroplan Miles that can be earned when flying to other destinations, visit www.aircanadavacations.com. For terms and conditions of the Aeroplan program, consult www.aeroplan.com. ■ *Show dates and times are subject to availability. Show tickets must be requested by Nov. 16, 2009. Submit early for best selection of show dates and time. Nov. 30, Dec. 6, 7, 13, 14, 21, 25, 26, 27 & 28. Please note: Travel is possible on these dates but no show tickets will be available. Offer based on double occupancy. Limit 2 tickets per reservation. Some restrictions may apply. Visit aircanadavacations.com for more details. As to Disney artwork/properties: Phindile Mkhize as "Rafiki" in the opening number "The Circle of Life" from Disney's® THE LION KING National Tour. Photo credit: Joan Marcus. ©Disney. ¶Royal Caribbean International Ltd. ships' registry: The Bahamas. [2]Available in conjunction with flight-inclusive packages. Non-stop flights via Vancouver. Excluding USA & Europe destinations. [3]Available on select flights. Full details available at aircanadavacations.com/executiveclass. ■ ®Aeroplan is a registered trademark of Aeroplan Canada Inc. ®Air Canada Vacations is a registered trademark of Air Canada, used under license by Touram Limited Partnership. Visit www.aircanadavacations.com for up-to-date information.